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ABSTRACT

This kit contains a recipe book and various separately published materials to train food service staff in implementing the new breakfast and lunch menus from the U. S. Department of Agriculture (USDA). A training manual provides background information on recipe selection, development, and testing; orients staff to the recipe format; explains and demonstrates the uses of the nutrient analysis provided for each recipe; and includes instructions on substituting ingredients and adjusting recipes, as well as tips for maximizing quality. Also included in the kit is a booklet suggesting ways to encourage students to stay on campus for meals, such as marketing new menus, garnishing meals, creating Mexican or Asian theme meals, and tailoring school menus to the community and the school; and getting staff, teachers, and parents involved in mealtimes. A set of step-by-step instructions for building a promotional kiosk, is also included. An additional booklet features photographs of sample meals from the USDA's new breakfast and lunch recipes. The cookbook itself, designed for a loose leaf binder, is comprised of approximately 80 recipes divided into the following sections: (1) grains/breads; (2) desserts; (3) main dishes; (4) salads/salad dressings; (5) sandwiches; (6) sauces and gravies; (7) soups; (8) vegetables; and (9) breakfasts. Recipes give ingredients and directions to prepare 50 or 100 servings, allow space to write in different numbers of servings, and provide a nutrient analysis. (KB)

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A Tool Kit for Healthy School Meals: *Recipes and Training Materials*

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USDA's New School Lunch and Breakfast Recipes

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USDA's New School Lunch and Breakfast Recipes...
A Tool Kit for Healthy School Meals!

Breakfast Burrito with Tomato Salsa. Tabouleh. Chicken Stir-Fry. Baked Cajun Fish. Vegetable Chili. Sound good?

These are just a few of the more than 50 recipes USDA has developed as part of the Healthy Kids Initiative. The recipes are designed to help you serve "Total Quality School Meals" to your young customers. "Total Quality School Meals" are meals that

- taste good
- are nutritious
- are attractive

Why are "total quality" school meals so important? Because children's health is important!

Schools have a special role in enhancing and maintaining children's health since roughly one-quarter of a young person's time is spent in this environment. School meal programs can help foster healthful behaviors, particularly in the areas of nutrition and physical fitness.

By serving wholesome and attractive meals at school, you can help children improve their attitudes towards education and health. You can also help them have healthier lives...now and in years to come.

To help you use the new recipes from USDA, this training manual:

- provides background on how the recipes were selected, developed, and field-tested
- takes you through each section of the recipe format, explaining how the information is organized
- explains and demonstrates the uses of the nutrient analysis provided for each recipe
- includes instructions on substituting ingredients and adjusting recipes, as well as tips for maximizing quality

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What's Special About The New Recipes?

What's special about the new recipes? Plenty!

For one thing, the recipes reflect what's happening with nutrition today.

You'll find them to be as low in fat as possible, without losing flavor and appeal. They include lots of fruits, vegetables, and grains, and they'll help you add variety.

A menu of these new recipes will be a *healthy* experience for children. You'll be giving them needed nutrients and energy — without a lot of added fat. You'll also be helping them *learn* what it means *to eat for good health.*

The recipes will help you "win kids over" with some exciting new flavors...and help you prepare some of their all-time favorites in ways that make them more healthful.

A palette of diverse cultures is presented here. You'll find, for example, Tabouleh and a Gyro Sandwich from the Middle East...Stir-Fry and Teriyaki Sauce from the Orient.

Adding a taste of Europe are such things as French Toast Sticks from France, Baked Fish Scandia from the Netherlands, Herbed Broccoli and Cauliflower Polonaise from Poland, and Minestrone, Vegetable Lasagna, and Chicken Tetrazzini from Italy.

The recipes also reflect the rich diversity of the United States. Southwest flavor is unmistakable in several. There are Chicken Fajitas, Marinated Black Bean Salad, Taco Pie, Vegetable Chili, and Arroz con Queso (Rice with Cheese), to name a few. The popular taste of New Orleans culture is found in the Baked Cajun Fish.

The recipes have been carefully developed with both kids' TASTES and their good HEALTH in mind.

To support the ideal of lowered fat, the recipes call for reduced-fat mozzarella and cheddar cheeses as well as reduced-fat mayonnaise, lowfat milk, and lowfat yogurt.

Versions of lower fat Brownies and Chocolate Cake are included, using applesauce as a fat substitute. The taste of the recipes is the same familiar one, just the fat content has been changed.

The use of low-sodium soup and gravy bases helps to reduce the sodium level in the recipes.

AND, the recipes have been designed with YOU — the food preparer — in mind.

We hope that as you read through and finally use these recipes, you will get a sense of our efforts to tailor the recipes to your needs. We've written the recipes with a limited number of steps, bearing in mind the equipment which you might have available.

What the Recipes Will Help You Do...

The standardized recipes provided for you in this packet are designed to help you serve healthful, attractive breakfasts and lunches that will appeal to your student customers. To meet the needs of today's school foodservice programs, recipes must:

- be acceptable to students
- be economical
- be lower in fat and moderate in the use of added salt
- use the minimum number of ingredients and steps for preparation
- make maximum use of USDA-donated commodities
- accommodate regional and local needs and preferences

By using these recipes, you should be able to do the following:

1) Ensure product quality.

The recipes developed for this project were field-tested in seven regions across the United States by foodservice managers, employees, and students. Taste panels of adults, and later students, rated products for their texture, taste, aroma, appearance, and overall quality. As a result of this testing, the recipes were adapted to meet the needs of your students.

2) Accurately predict number of portions.

This will allow you to simplify purchasing procedures, reduce the amount of unnecessary inventory, and eliminate excessive amounts of leftovers.

3) Adjust the flavoring of each recipe to meet the expectations of your students.

Many of the recipes provide information concerning additional ingredients that can be used to adjust the overall flavor of a recipe to more closely meet regional preferences. You'll find these listed on individual recipe cards under optional ingredients or in a section called "Special Tips."

4) Obtain maximum benefit from the use of USDA-donated foods.

Because schools often use USDA-donated foods in preparing meals, many of the recipes were developed and tested using available USDA commodities. This will help ensure that the final product of any recipe produced in the field will meet the same high standards for *quality* and *quantity* intended by the recipe developers.

5) Evaluate the nutritional value of each recipe.

A nutritional analysis has been provided for each of the recipes. All of the recipes have been developed with the goal of expanding variety, reducing the overall level of added fat, and increasing dietary fiber.

6) Evaluate the specific contribution of each recipe toward the School Lunch Food-Based Menu System.

For your convenience, the food contribution toward the School Lunch Food-Based Menu System for each portion of a recipe is specified on the recipe format.

7) Increase employee confidence.

The recipes provide clear, concise directions that cover all aspects of production. This will help improve employee morale by reducing the confusion associated with non-standardized recipes.

First-rate results will also boost morale. The recipes are reliable and will produce consistent, high-quality meals. Employees will be confident and proud that they are serving the best quality products available.

Quality - Quality - Quality

The items you serve to each student are only as good as the quality of ingredients put into each recipe!

To ensure first-rate results:

› **Purchase the finest quality possible.**
If the brand of lemon gelatin you select is weakly flavored because it is inexpensive, you will not have a strong lemon flavor in the end product.

If the brand of chicken base has "salt" listed as the first ingredient, meaning it is the most *prevalent* ingredient, your Cream of Chicken Soup will not have a meaty chicken flavor.

› **Store and handle carefully.**
If the broccoli you put into the Broccoli Salad is old, dried, and wilted, the salad will not be crisp. And, many nutrients will be lost by the time you serve it.

If the frozen green beans in the Corn and Green Bean Casserole have been improperly handled by either the distributor or you — thawed and refrozen, thawed and refrozen — your end product will not be of the best quality possible.

Purchase from reliable sources and check your storage and handling procedures to assure topnotch *quality - quality - quality.*

› **Check your cooking techniques.**
If your cakes and brownies are overbaked because you are not using an oven thermometer to maintain exact oven temperatures, they will be dried out, tough, and crumbly.

If the Stir-Fry is not cooked in batches, or if it is *held* for a long period of time, the vegetables will not be brightly colored and crispy. They will be limp and uninviting.

Batch-cooking is cooking in small quantities to maintain high quality throughout the serving period. Each preparation should not exceed what can be served on the line in 15 minutes. This means there will be *continuous* cooking throughout the meal to guarantee quality.

Working With The New Recipes

On the following pages, we'll take a close look at how the information is organized on the recipe cards.

In this first example, the top section of the Chicken Stir-Fry recipe is highlighted.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable — Main Dishes D-39

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	6 oz	½ cup 2 Tbsp	8 oz	1⅓ cups		
Ground ginger		½ tsp		1 tsp		
Crumbled garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 8 oz	1 qt	2 lb 8 oz	2 qt		
OR						
*Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		¼ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		½ cup		2 cups		

At the top of the card, you'll find:

- the recipe title
- the recipe's contribution to the School Lunch Food-Based Menu System Guidelines
- the recipe file location, which you will use to add the recipe to the USDA quantity recipes you already have (*Quantity Recipes for School Food Service,* Program Aid #1371)

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Here are more details on each:

- **The recipe title:**

  Recipe titles have been kept as straightforward as possible. Descriptive words related to regions, texture, or flavor have been avoided. Phonetic pronunciations have been provided for the recipes when necessary.

- **The recipe's contribution to the School Lunch Food-Based Menu System Guidelines:**

  This indicates the general area/areas in which a particular recipe contributes to the School Lunch Food-Based Menu System. Our sample recipe, Chicken Stir-Fry, contributes to both the Meat and Vegetable categories.

- **Recipe file location:**

  In this package you will find new recipes from the following nine categories:*

  B. Bread and Cereal Products
  C. Desserts
  D. Main Dishes
  E. Salads and Salad Dressings
  F. Sandwiches
  G. Sauces, Gravies, and Seasoning Mixes
  H. Soups
  I. Vegetables
  J. Breakfast

  *Please note that this package does not include Category A because there were no additions to it. Please refer to your original file for Category A. Also please note that Category J, Breakfast, is new.

  Each recipe in the collection has been assigned: (1) a specific category and (2) a number indicating its place within this category.

  For example, a recipe with a designation of C-17 would indicate that this recipe is #17 within the Desserts category.

Ingredients:

In this next example, the *first column* of the Chicken Stir-Fry recipe is highlighted. This section lists the ingredients.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable — Main Dishes D-39

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	¼ cup 2 Tbsp	8 oz	½ cup		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 10 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
*Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		½ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	6 lb		10 lb			5. Sauté chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

› **First, note *the order* in which ingredients are listed:**

Ingredients are listed in the same order as they are required for production. Horizontal lines separate into groups the ingredients that are used together.

› **Second, note *the form* in which ingredients are listed.**

You'll see that our sample recipe specifies:

Fresh carrots, peeled, 1/4" slices

This tells you the carrots are to be purchased fresh, peeled, and then sliced into 1/4"-thick slices prior to being used in the recipe.

› **On all of the recipes:**

The purchase state of the ingredient (such as fresh, frozen, canned) appears before the ingredient name. And, the form of the ingredient (such as peeled, sliced, etc.) comes after the ingredient name.

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In order to obtain the maximum possible quality during production, it is *very important* that you follow the recipe exactly. The *purchase state* (fresh, canned, frozen, etc) of your ingredients and *the form* (peeled, sliced, etc.) should always be the same as listed in the recipe.

All of the recipes will be equally successful whether USDA-donated commodity foods or commercially available ingredients are used. However, where possible, the recipes have been developed and standardized using USDA commodity products.

When purchasing ingredients, remember to:

- **Select the best possible quality.**

  The quality of the final product will rely heavily on the quality of ingredients used.

- **Purchase products that will produce the "healthiest" overall product.**

  For example, our sample recipe for Chicken Stir-Fry calls for chicken stock, non-MSG (without monosodium glutamate). When purchasing bases, select brands that do not contain MSG and that have a moderate level of sodium (salt).

  Read food labels carefully. Food manufacturers must list ingredients in descending order of predominance by weight. So, if salt is the first ingredient listed, you know that the product contains more salt than anything else.

Alternative ingredients:

Alternative ingredients are listed in many of the recipes to give you flexibility when ordering. They may also help you accommodate limitations in labor or equipment.

This example shows how alternative ingredients appear in the recipe format. Several lines are highlighted.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable **Main Dishes D-39**

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	¼ cup 2 Tbsp	8 oz	1½ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
*Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		¼ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and toss to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

As you can see, alternative ingredients are listed on separate lines separated by the word "**OR.**" It is important that you select only *one* of the options provided. Do *not* add both the primary and the alternative ingredients to the recipe.

In the Chicken Stir-Fry example:

You may choose to use the fresh mixed vegetables listed in the ingredients.

- OR -

You may choose to use the alternative, frozen mixed Oriental vegetables.

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Optional ingredients:

Some of the recipes include optional ingredients. These are typically used for seasoning and garnishing. If an ingredient is optional, the word "(optional)" will immediately follow it on the ingredient list.

Optional ingredients may be used to increase a recipe's appeal in a particular area or region. While certain ingredients may be preferred by students in some regions of the country, they may not appeal to others.

Optional ingredients may also be used to change the meal pattern contribution.

However, it's important to note that optional ingredients are *not included* in the School Lunch Food-Based Menu System contribution or the Nutritional Analysis.

It's also important to note that there are no special instructions under "Directions" for using the optional ingredients.

Weights and measures for 50 and 100 servings:

In this example, the *center* of the recipe format is highlighted. This section provides the quantities you will need for producing 50 and 100 portions of the recipe.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable — Main Dishes D-39

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	⅓ cup 2 Tbsp	8 oz	1⅓ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
*Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		⅓ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

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Weight measurements are given for dry and solid ingredients.

The weight measurements are written in pounds (lb) and ounces (oz).

Because it is sometimes necessary to use volume measure, the volume equivalents have also been provided for the dry and solid ingredients if the amount is more than 2 ounces.

Volume measurements are given for liquid ingredients.

The volume measurements include:

- teaspoons (tsp)
- tablespoons (Tbsp)
- cups
- quarts (qt)
- gallons (gal)

Spices, flavorings, and other ingredients of 2 ounces or less are given a volume measurement since most scales are not able to measure such a small quantity accurately.

A note about baking:

When measuring dry ingredients you will be using in a baked product, it is very important that you measure the ingredients by *weight* whenever possible. This is because even slight variations in measurement can alter the quality of the final product.

Consider the following:

One pound of *unsifted* all-purpose flour can range from 2½ cups to 4 cups.

One pound of *sifted* all-purpose flour can range from 3 cups to 4½ cups.

These examples make it easy to see why measuring the flour for a baked product only by *volume* can result in an inconsistent product.

› **Directions:**

In our next example, the far-right column is highlighted. This section lists all the steps needed to prepare the recipe.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable — Main Dishes D-39

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	6 oz	⅓ cup 2 Tbsp	8 oz	1⅓ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low sodium chicken stock, non MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
						3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
*Frozen mixed Oriental vegetables	12 lb 8 oz	1 gal 2 qt	25 lb			
Vegetable oil		¼ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

Each step is numbered in sequence and is directly across from the ingredients to which it applies. To facilitate production, closely related steps are grouped together with horizontal lines separating the groups.

The directions *include* instructions on:

- mixing speeds and times
- cooking procedures
- panning procedures
- baking times and temperatures
- portioning directions
- garnishing and serving instructions

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The directions *do not* account for any pre-preparation work that must be done in order to prepare the ingredients for recipe production. However, when scheduling, it is important to account for the pre-preparation phase of production.

While the pre-preparation work may be minimal for some recipes, other recipes may benefit if some of the basic pre-preparation work is completed well in advance of the actual production.

For example, if you complete the pre-preparation work for the French Toast recipe *the day before it is to be served,* you'll get a better quality product in *less* time. This is stated in Step 4 of the directions for this recipe.

We encourage you to read over the directions provided for each of the recipes carefully *before* you begin production. Use them as you would a road map before starting out on a trip, and keep in mind the following:

In order to obtain the maximum possible quality from each recipe and ensure that the School Lunch Food-Based Menu System Guidelines are met, all of the procedures outlined in this section of the recipe must be followed *precisely.*

For example, when you read the recipe for Chicken Stir-Fry, you will see after Step 3:

"Prepare no more than 50 portions per batch."

This is important because if you prepare more than 50 portions per batch, you will be holding the product too long. It will lose its crispness, color, and nutritional value.

The recipe format also includes a variety of other useful information, such as:

- portion size
- the specific contribution of each serving toward the School Lunch Food-Based Menu System Guidelines
- yield for 50 and 100 servings
- variations
- marketing guide for selected items
- nutrients per serving

You will find this information on the *last page of each recipe.* Most recipes are two pages long; however, some are three or four.

Again using the Chicken Stir-Fry example, let's first look at portion size, contribution to School Lunch Food-Based Menu System Guidelines, and yield. These sections are highlighted on page 17.

SERVING: 1 cup (2 No. 8 scoops) provides 2 ounces of meat and ⅛ cup of vegetable

YIELD: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Serving:

The portion size and the suggested portioning tools are listed here.

Contribution to School Food-Based Menu System:

This section of the recipe format provides information on the specific contribution of each serving toward the School Lunch Food-Based Menu System Guidelines.

These Guidelines show the requirements by age/grade group for Meat/Meat Alternate, Vegetable/Fruit, and Grains/Breads categories.

In our sample recipe, a 7-ounce portion of Chicken Stir-Fry contributes 2 ounces of *cooked, lean meat* and 5/8 cup of *vegetables.*

Yield:

The total recipe yield for both 50 and 100 servings is stated in weight (pounds, ounces). For some recipes, the total yield is also stated by volume (gallons, cups).

- **Variations:**

Some of the recipes in the collection include instructions for a variation (or variations) of the basic recipe, and others do not. In our Chicken Stir-Fry example below, two variations are given.

Variations

a. Beef Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 20 lb 8 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

If a recipe has a variation, follow all of the standard directions in the basic recipe, changing only those specified in the variation instructions.

All of the variations have been tested and standardized using the same procedures outlined in the basic recipe. As a result, you can be sure of product quality and yield.

However, it's important to remember that the School Lunch Food-Based Menu System credit and the Nutrient Analysis provided in the recipe apply to the *basic recipe only.*

Marketing Guide for Selected Items

The Marketing Guide for Selected Items provides special purchasing information on foods that will sustain trimming loss during pre-production. These foods are marked with an asterisk (*) in the ingredients column of the recipe format.

In the Chicken Stir-Fry example below, you'll see information given for three ingredients. Turning back to page 14, you'll see each of these has an asterisk preceding it.

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Broccoli	6 lb 15 oz	13 lb 14 oz ..	.....
Carrots	8 lb 1 oz	16 lb 2 oz	.....
Onions	1 lb 7 oz	2 lb 14 oz	.....

What you need to know:

For items marked with an asterisk, the quantity listed under "Weight" and "Measure" in the recipe is the EP (Edible Portion). This is the quantity required for production and therefore does not account for trimming loss.

The Marketing Guide shows the AP (As Purchased) quantity required when ordering. In our example, 6 pounds 15 ounces of broccoli must be *purchased* (AP) in order to yield 5 pounds 10 ounces (EP), the amount required to produce 50 portions of Chicken Stir-Fry.

◆ Nutrients Per Serving

As you can see in the Chicken Stir-Fry example below, this section of the recipe format provides information on 12 nutrients.

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

The nutrients shown on each recipe are:

calories
protein
carbohydrate
total fat
saturated fat
cholesterol
vitamin A
vitamin C
iron
calcium
sodium
dietary fiber

Three nutrients — fat, saturated fat, and iron — have been calculated to the tenth of a unit. All others have been rounded to the nearest whole unit. When the level of one of these nutrients is .4 or less, it is shown as 0.

All of the recipes in this collection were analyzed for their nutritive value. For a more detailed explanation of the nutrient analysis of these recipes, see page 34 of this manual.

For information on the steps taken to reduce the amount of fat in these new recipes, see page 36.

Special Tips:

Some of the recipes include Special Tips. On the Chicken Stir-Fry, for example, you'll find the following:

Special Tips:

1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to saute chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Here's another example, this one from the recipe for Chicken Fajitas:

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

As you can see from these examples, the Special Tips offer information that can help you in a variety of ways. Some, like the first Special Tip in the Chicken Stir-Fry, offer advice on increasing the authenticity of the recipe. Others may:

- offer ways to make production easier
- suggest optimal methods for storage
- provide alternative serving suggestions
- suggest appropriate garnishes

Adjusting Recipe Yields

Each recipe lists the quantities you will need to produce 50 and 100 servings. However, to meet your specific needs, you may need to adjust the number of servings. To help you do this, the recipe format includes a column entitled "For _____ Servings." This column is highlighted in the example below.

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable **Main Dishes D-39**

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	½ cup 2 Tbsp	8 oz	1½ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
†Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		¼ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

How will you use this column?

Using a worksheet similar to the one on page 23, you'll first determine the new quantities you will need. Then you'll write in the new amounts in the spaces provided in the "For ____Servings" column.

Let's convert an actual recipe from the new collection.

We'll begin by describing the proper method to use. Then we'll go through each step in two examples, using the recipe for Breakfast Burrito with Salsa. In one example, we'll *reduce* the recipe yield. In the other, we'll *increase* it.

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To adjust the yield of a USDA standardized recipe, use the following method:

Step 1: Determine the total yield of the original recipe.
To do this, multiply the original number of portions by the original portion size.

_____	×	_____	=	_____
original number of portions		original portion size		original yield

Step 2: Determine the total new yield. Multiply the total number of portions you want by the desired portion size.

_____	×	_____	=	_____
desired number of portions		desired portion size		total new yield

Step 3: Determine the "multiplying factor." Divide the total new yield by the original yield.

_____	÷	_____	=	_____
new yield		original yield		multiplying factor

Step 4: Determine the new quantity of each ingredient. Multiply each ingredient by the multiplying factor.

_____	×	_____	=	_____
multiplying factor		original quantity (of each ingredient)		new quantity

Place the new quantity for each ingredient in the appropriate space in the "For _____ Servings" column.

➔ Now let's convert a recipe from the new collection in these two examples:

Example 1: Reducing a Standardized Recipe

Using the recipe for Breakfast Burrito with Salsa, we're going to *reduce* the yield from 50 to 40 servings. The individual portion size will remain 3 ounces.

In the following calculation, we use lowfat milk as a sample ingredient. The original recipe calls for 6 ounces of lowfat milk for 50 servings.

1. *What is the total yield of the original recipe?*

50	×	3 oz	=	150 oz
original number of portions		original portion size		original yield

2. *What is the total new yield?*

40	×	3 oz	=	120 oz
desired number of portions		desired portion size		total new yield

3. *What is the multiplying factor?*

120 oz	÷	150 oz	=	0.80
total new yield		original yield		multiplying factor

4. *What is the quantity needed for 40 servings?*

0.80	×	6 oz lowfat milk	=	4.8 oz
multiplying factor		original quantity		new quantity

Place 4.8 oz on the line opposite lowfat milk in the "For _____Servings" column.

Example 2: Increasing a Standardized Recipe

Now let's *increase* the recipe yield from 50 to 75 servings.
Portion size will remain 3 ounces. And we'll once again use lowfat milk as a sample ingredient.

1. ***What is the total yield of the original recipe?***

50	×	3 oz	=	150 oz
original number portions		original portion size		original yield

2. ***What is the total new yield?***

75	×	3 oz	=	225 oz
desired number of portions		desired portion size		new yield

3. ***What is the multiplying factor?***

225 oz	÷	150 oz	=	1.5
total new yield		original yield		multiplying factor

4. ***What is the quantity of lowfat milk needed for 75 servings?***

1.5	×	6 oz	=	9 oz
multiplying factor		original quantity		new quantity

Place 9 oz on the line opposite lowfat milk in the "For _____ Servings" column.

(On page 31, you'll find a blank recipe conversion sheet to use in converting other USDA recipes.)

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Here's a blank page for calculations:

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Recipe Conversion Worksheet

Recipe Title: Breakfast Burrito with Salsa

Multiplying Factor: 1.25

Number of Portions (Old Yield): 100

Number of Portions (New Yield): 125

Ounces/Portion (Old Yield): 3

Ounces/Portion (New Yield): 3

Total Recipe Yield (oz): 300

(300 oz = filling)

Total New Yield (oz): 375

Ingredient	Old Quantity (from Recipe)	Old Quantity	Times	Multiplying Factor	Equals	New Quantity	New Quantity (to be on Recipe)
Filling: Frozen whole eggs, thawed	14 lb 8 oz	232 oz	×	1.25	=	290.0 oz	18 lb 2 oz
Frozen corn	1 lb 4 oz	20 oz	×	1.25	=	25.0 oz	1 lb 9 oz
Lowfat milk	12 oz	12 oz	×	1.25	=	15.0 oz	15 oz
Onions, diced	1 lb 12 oz	28 oz	×	1.25	=	35.0 oz	2 lb 3 oz
Fresh tomatoes, diced	4 oz	4 oz	×	1.25	=	5.0 oz	5 oz
Prepared mustard	4 oz	4 oz	×	1.25	=	5.0 0z	5 oz
Granulated garlic	1 Tbsp + 1 tsp	—	×	1.25	=	5 tsp	1 Tbsp 2 tsp
Hot pepper sauce	2 Tbsp	—	×	1.25	=	2.5 Tbsp	2 Tbsp 1½ tsp
Salt	1 Tbsp + 1 tsp	—	×	1.25	=	1.66 Tbsp	1 Tbsp 2 tsp
Flour tortillas (at least 1.1 oz each)	100 each	100 each	×	1.25	=	125 each	125 each
Canned salsa	6 lb 4 oz	100 oz	×	1.25	=	125 oz	7 lb 13 oz
			×		=		
			×		=		

Notes

For calculations:

Recipe Conversion Worksheet

Recipe Title: Breakfast Burrito with Salsa

Multiplying Factor: 0.80

Number of Portions (Old Yield): 50

Number of Portions (New Yield): 40

Ounces/Portion (Old Yield): 3

Ounces/Portion (New Yield): 3

Total Recipe Yield (oz): 150

(150 oz = filling)

Total New Yield (oz): 120

Ingredient	Old Quantity (from Recipe)	Old Quantity	Times	Multiplying Factor	Equals	New Quantity	New Quantity (to be on Recipe)
Filling: Frozen whole eggs, thawed	7 lb 4 oz	116 oz	×	0.80	=	92.8 oz	5 lb 13 oz
Frozen corn	10 oz	10 oz	×	0.80	=	8.0 oz	8 oz
Lowfat milk	6 oz	6 oz	×	0.80	=	4.8 oz	5 oz
Onions, diced	14 oz	14 oz	×	0.80	=	11.2 oz	11 oz
Fresh tomatoes, diced	2 oz	2 oz	×	0.80	=	1.6 oz	2 oz
Prepared mustard	2 oz	2 oz	×	0.80	=	1.6 oz	2 oz
Granulated garlic	2 tsp	—	×	0.80	=	1.6 tsp	1½ tsp
Hot pepper sauce	1 Tbsp	—	×	0.80	=	2.4 tsp	2½ tsp
Salt	2 tsp	—	×	0.80	=	1.6 tsp	1½ tsp
Flour tortillas (at least 1.1 oz each)	50 each	50 each	×	0.80	=	40 each	40 each
Canned salsa	50 oz	50 oz	×	0.80	=	40 oz	40 oz
			×		=		
			×		=		

For calculations:

Recipe Conversion Worksheet

Recipe Title: _____ Multiplying Factor _____

Number of Portions (Old Yield) _____ Number of Portions (New Yield) _____

Ounces/Portion (Old Yield) _____ Ounces/Portion (New Yield) _____

Total Recipe Yield (oz) _____ Total New Yield (oz) _____

Ingredient	Old Quantity (from Recipe)	Old Quantity	Times	Multiplying Factor	Equals	New Quantity	New Quantity (to be on Recipe)
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=	36	
35			×		=		

Notes

A note about working with non-standardized recipes:

As we've already seen, the total yield of each of the recipes in this packet has already been calculated and is indicated on the recipe card. However, there may be times when you want to use this same method to adjust the yield of recipes that are not standardized. In these instances, you may need to do some extra calculations.

For example, in working with non-standardized recipes, it's a good idea to confirm the total yield of the recipe by adding the quantities of all ingredients used.

In addition, you may need to convert all of the quantities to ounces before you can calculate the total yield. For your convenience, this training manual includes a chart with basic units of measure and their equivalencies on page 39.

More Information on The Nutrient Analysis

Thanks to the nutrient analysis, you can see at a glance what an individual serving of each recipe provides in terms of the following 12 nutrients:

calories	vitamin A
protein	vitamin C
carbohydrate	iron
total fat	calcium
saturated fat	sodium
cholesterol	dietary fiber

This information can help you plan balanced, nutritious meals. For example, if you decide to serve Chicken Stir-Fry:

> You may wish to select an item higher in iron to serve as a second choice since one serving of the Stir-Fry contains only 1.5 mg of iron.
>
> And, since the vitamin A content of the Chicken Stir-Fry is high, you may decide to offer a fruit dish that's high in vitamin C for dessert.

The nutrient analysis was done by computer, using the Agricultural Research Service's nutrient analysis software and:

- the most recent edition of USDA Handbook 8
- the Composition of Foods Database and
- the National Nutrient Data Base for Child Nutrition Programs

Here's some additional background on the nutrient analysis that may be helpful as you work with the recipes:

Each recipe was analyzed for its nutritive value using *primary ingredients only*. Alternative and optional ingredients were not included.

The type and quantity of each primary ingredient was entered into the nutrient analysis software program based on the *market form* or purchase state given in the recipe — for example, fresh, frozen, or canned.

Adjustments for yield, nutrient retention, and moisture/fat changes were also calculated. As a result, the final nutrient analysis of the recipe reflects the final "cooked or prepared" product.

To illustrate this process, let's look at some of the steps involved in doing the nutrient analysis for the Chicken Stir-Fry recipe, using carrots as an example.

Since the recipe calls for "fresh carrots" as a primary ingredient, the food code selected from the USDA Handbook 8 — and entered into the computer — was "Carrots, raw."

The quantity for "fresh carrots, peeled" (as stated on the recipe card) was also entered.

Next, a nutrient retention factor for "stir-fried vegetable" (based on ARS data) was entered to reflect nutrient changes during the cooking process.

Finally, any moisture and/or fat loss (or gain) that would occur during cooking was entered to calculate the final recipe weight and nutrient analysis.

The New Recipes Reduce Fat Without Losing Flavor

As you work with these new recipes, you'll find that they use reduced levels of fat. This is one important way the recipes are consistent with the Dietary Guidelines. The recipes successfully minimize fat without losing flavor because of careful attention given to both:

- ingredients
- and cooking techniques

In developing and testing the recipes, USDA made sure the ingredients were purchased in a lowfat form, provided the overall quality of the product was not affected. For example:

- All raw meat ingredients were specified to be lowfat. The ground beef, for instance, had no more than 24 percent fat. Where possible, it was cooked prior to being added to the product so the fat could be drained.
- Chicken was either purchased skinless or the skin was removed prior to cooking.
- Mayonnaise and dairy products, such as milk, yogurt, and cheese, were purchased in the lowfat form provided this did not lessen the final quality.

In addition, main entrees were prepared with a minimal amount of fat. For example:

- No products were fried.
- All sauteed items were prepared with a small amount of oil.

Baked goods were also specially prepared. For example:

- The amount of margarine or butter was reduced by substituting lowfat yogurt and applesauce for a percentage of the fat.
- Whole eggs were replaced with egg whites.
- Baking pans were either ungreased or lightly sprayed with vegetable oil.

You can use these same techniques to reduce fat without losing flavor in the recipes you already have.

Some Tips on Modifying And Standardizing Recipes

***Any* recipe can be modified to reflect new tastes or changing needs. The recipes in this collection may give you ideas for modifying the recipes you're already using — by adding or substituting new ingredients, for example, and changing your cooking techniques.**

As you make changes, it's important to modify first, then standardize.

Standardized recipes have many advantages:

A standardized recipe is one that has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to:

- produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

Using a standardized recipe ensures that:

- the same amount of product is produced each time
- the same portion size is provided each time

Menu planning can be more consistent because:

- there is a predictable yield
- costs are easier to control
- inventory is easier to control

In addition, when the same good results can be produced time after time:

- foodservice workers have more confidence in what they are doing and need less supervision
- and managers can be sure the nutrient analysis of a recipe will be accurate as long as ingredients and preparation methods remain the same

When you decide to modify a recipe, start by making 25 portions. In addition:

- Change *only one ingredient* at a time. Keep other ingredients the same as in the original recipe.
- Record clear descriptions of foods substituted in exact amounts.
- If increasing or decreasing an ingredient, do so in increments of 1/4 to 1/2 of the amount called for in the original recipe.
- Follow preparation instructions closely and record any changes you may make.
- Do not make further changes or a larger size recipe until the first modification has produced a high-quality product.

Once you have successfully prepared 25 portions of a recipe you are modifying:

- Set up taste panels to evaluate the product for appearance, consistency, texture, flavor, and overall acceptability.
- Reproduce at 50 and 100 servings before increasing the recipe to the number needed for your meal service.
- Instruct foodservice personnel about how and why recipes have been modified.

It's important to also:

- Weigh the total volume of recipes at 50 and 100 servings and record the weight.
- Weigh each serving and record the weight.

The weight of the total recipe and the weight of each serving are important for nutrient analysis.

Weights and Measures Equivalencies

3 teaspoons	= 1 tablespoon	(1/2 fluid ounce)
2 tablespoons	= 1/8 cup	(1 fluid ounce)
4 tablespoons	= 1/4 cup	(2 fluid ounces)
5-1/3 tablespoons	= 1/3 cup	(2-2/3 fluid ounces)
8 tablespoons	= 1/2 cup	(4 fluid ounces)
10-2/3 tablespoons	= 2/3 cup	(5-1/3 fluid ounces)
12 tablespoons	= 3/4 cup	(6 fluid ounces)
14 tablespoons	= 7/8 cup	(7 fluid ounces)
16 tablespoons	= 1 cup	(8 fluid ounces)
2 cups	= 1 pint	
2 pints	= 1 quart	
4 quarts	= 1 gallon	
1 gram	= 0.035 ounces	
1 ounce	= 28.38 grams	
16 ounces	= 1 pound	
1 pound	= 454 grams	
1 kilogram	= 2.21 pounds	

Metric Conversion Table

To change	To	Multiply by
ounces (oz)	grams (g)	28.38
pounds (lb)	kilograms (kg)	0.45
teaspoons (tsp)	milliliters (ml)	4.93
tablespoons (tbsp)	milliliters (ml)	14.79
fluid ounces (fl oz)	milliliters (ml)	29.58
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.946
gallons (gal)	liters (l)	3.8

Basic Cuts and Shapes

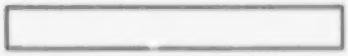
1. *Small dice:* 1/4-inch cube
2. *Medium dice:* 1/2-inch cube
3. *Large dice:* 3/4-inch cube
4. *Julienne:* 1/4-inch square by 1-2 inches long
5. *French Fry:* 1/4- to 1/2-inch square by 3-4 inches and longer
6. *Mince:* To chop into very fine pieces
7. *Shred:* To cut into thin strips by using a grater or a chef's knife
8. *Chop:* To cut into pieces roughly the same size

Basic Cuts and Shapes

1. *Small dice:* 1/4-inch cube.

2. *Medium dice:* 1/2-inch cube.

3. *Large dice:* 3/4-inch cube.

4. *Julienne:* 1/4-inch square by 1-2 inches long. 

5. *French Fry:* 1/4- to 1/2-inch x 3-4 inches and longer.

6. *Mince:* To chop into very fine pieces.

7. *Shred:* To cut into thin strips by using a grater or a chef's knife.

8. *Chop:* To cut into pieces of roughly the same size.

Notes

Notes

Notes

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Promoting Healthy Meals for Healthy Children

NUTRITION • USDA

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Contents...

This guide will help you encourage students at your school to stay on campus and enjoy the exciting dishes you are serving. Just open the next few pages and give some of these ideas a try!

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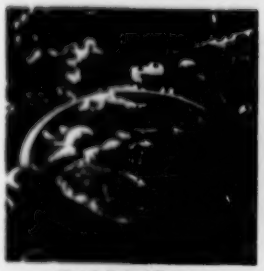
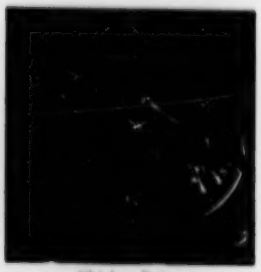

Quick Baked Potato

Oatmeal Raisin Cookie

Rice-Vegetable Casserole

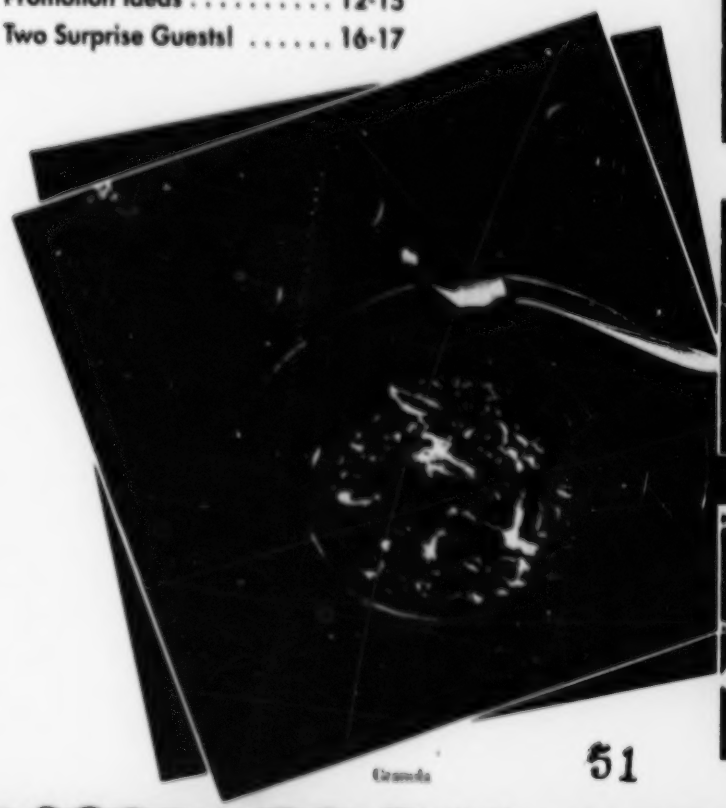
Brownie

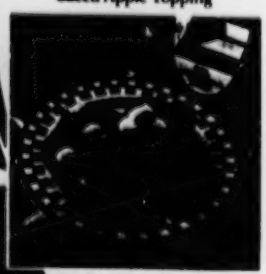
Beef Shepherd's Pie

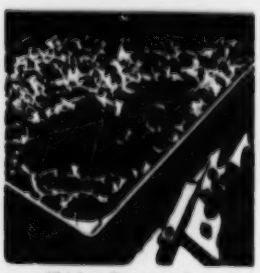

Chicken Fajita

French Toast Strips with Sliced Apple Topping

Arroz Con Queso (Rice with Cheese)


Granola


Beef Taco Pie


Chicken Tetrazzini Pan

Beef Stir-Fry

Thick Vegetable Soup

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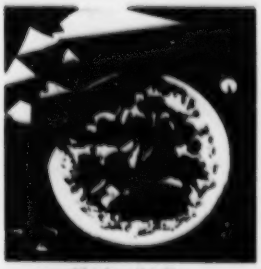
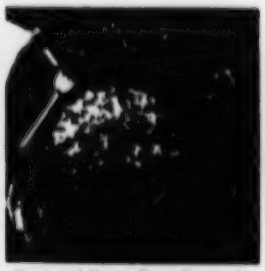
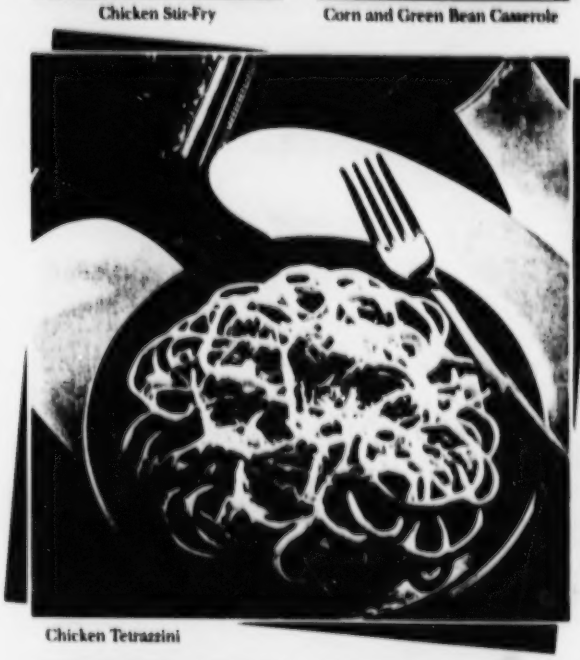


Chicken Stir-Fry



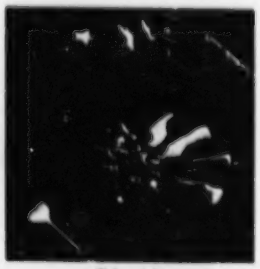
Corn and Green Bean Casserole

Herbed Broccoli and Cauliflower Polonaise



Chicken Tetrazzini

Marinated Black Bean Salad



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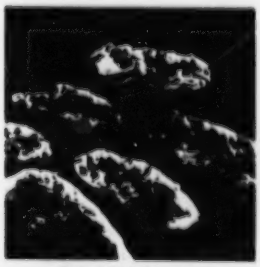
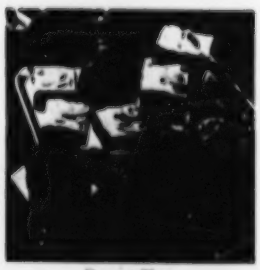
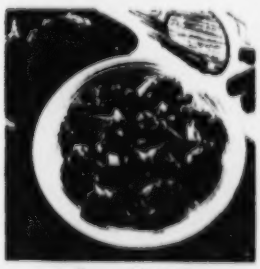


Baked Fish Scandia

Breakfast Burrito

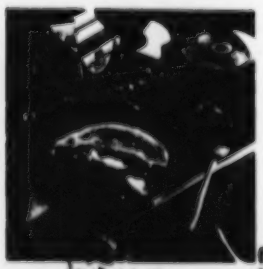


Dessert Plate



Broccoli Salad

Vegetable Chili



Falafel/Gyro

Picture This In Your School

As a school food service professional, your job is important. You're essential to providing kids with the nutrition that helps them to grow and learn.

And we'd like to help you do just that. So we came up with an exciting group of recipes that will make your job easier and even more rewarding!

These new recipes are:

- **Simple** – Most recipes use a simplified list of ingredients and fewer steps for preparation.
- **Nutritious** – You'll find a lower fat content and moderate use of added salt.
- **Easy to implement** – Each recipe features ingredients that are easy to obtain. Plus, we've added special tips so you can tailor the recipes to fit the tastes of students in your school.

We've Made Nutrition Easy For You

This recipe collection has been developed with today's kids and their tastes in mind. Ethnic foods, meatless dishes, and even low-fat desserts made with fresh ingredients are just a few of the ways you can appeal to the changing tastes of your young customers.

Each dish in this recipe collection contributes substantially to the nutritional goals of the school meal programs.

You'll find the nutritional content per serving listed on each recipe card. You may wish to post these in your lunch line.

Chicken Fajita

Thick Vegetable Soup

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Too much of "what's new" at one time can be overwhelming.

- Show only one new item at a time, 2 or 3 in 1 month is plenty!
- Market with *pizzazz*! Try using announcements over the loudspeaker and put up signs. Do this several days in advance – and several times for emphasis.
- Give out samples at the entrance to, or on, the serving line.
- If it's an ethnic food you're presenting, build an ethnic menu around it. You can even wear costumes to "dress" the part.
- Have tasting parties and let the kids sample new items in advance. And use that feedback!

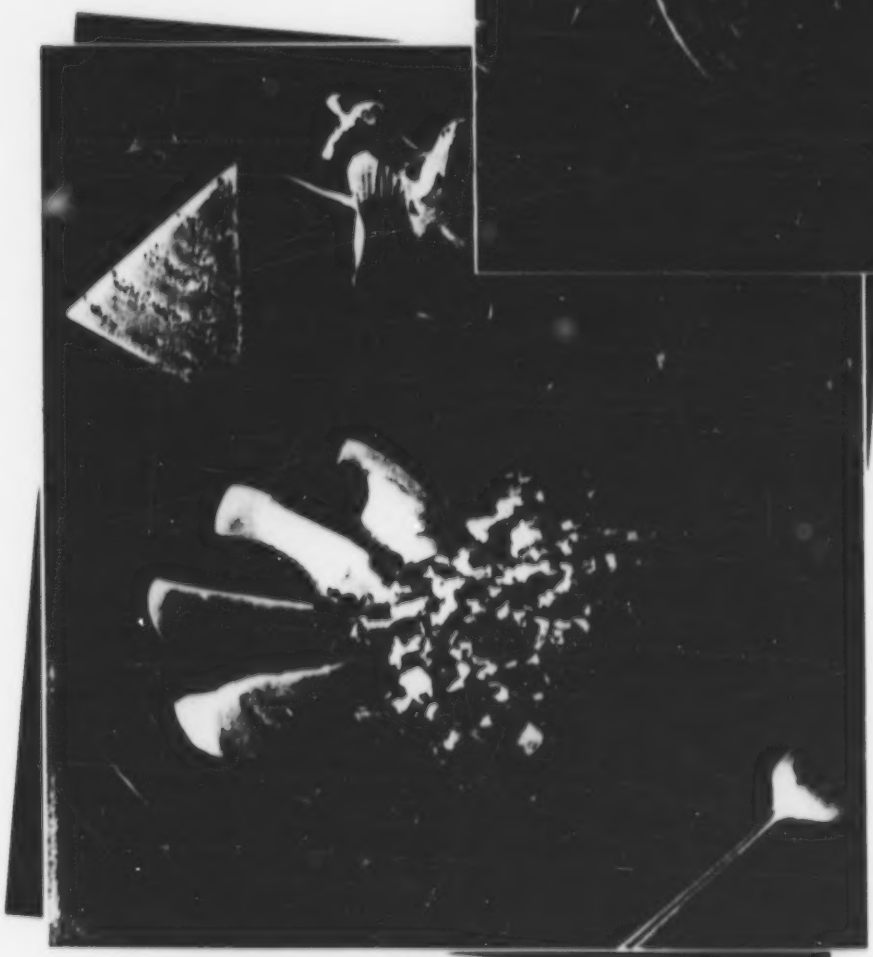
Beef Stir-Fry

Garnishing Suggestions

Whether you're garnishing pans for the steam table or decorating an individual plate for display, garnishes can help add eye appeal to your presentation.

Use your imagination when you set up and garnish. Here are some tips to help you. All are simple, quick, and inexpensive, but can make such a difference!

Beef Taco Pie



Tabouleh

Get their attention with a display plate! Everyone knows you don't have time to garnish every individual serving. But how about sparking kids' interest with a sample plate you put out for display?

Think theme – For example, use tortilla chips to accent a lunch with a Southwestern flavor.

Think color – Orange wedges on a pan of oatmeal say, "Good Morning!"

Think accent – Lemon slices, sprinkled with parsley flakes, enliven a pan of baked fish. So does paprika dashed on steaming mashed potatoes.

Breakfast Burrito

Think contrast – Picture croutons on stewed tomatoes for an inviting winter lunch... and grapes, red-skinned apple slices, or fresh berries on chilled vanilla pudding – anytime.

Think big – Whenever you're garnishing, choose big garnishes to make a statement. Thick broccoli spears or leafy kale can really dress up your presentation. For something different, try a slice of pineapple on parsley or endive sprigs to spruce up a tray of luncheon meats or tuna salad.

For more ideas, consult your "Quantity Recipes for School Food Service" (USDA publication #PA 1371) Section A, page 21.

Chicken Tetrazzini Pan

South-Of-The-Border Sensation

Spicy foods and Mexican restaurants are popular choices for kids and adults alike. Now you can take advantage of this trend, too!

Serve up healthy Mexican, Tex-Mex, Caribbean, or Central American foods and create a real sensation. To promote the dishes, and the fun of joining in the fiesta, make your cafeteria come alive with the use of our recommended promotional items (see pages 12-15). You can also use these basic props:

- **Chili Peppers** – Easy to draw or make, these colorful red and green peppers can be used on posters, banners, table tents, and serving bars.

- **Sombreros** – Inexpensive, these traditional hats immediately signal Mexican food and fun. Hang them on the walls and ceiling or even ask your lunchroom staff to wear them.

- **Piñatas** – A colorful way to add excitement to your special Mexican theme days. Plus, they can be used again and again.

And don't stop there! If you or any of your staff have ideas, go for it. Your enthusiasm is sure to inspire and excite the students at your school.

Special thanks to Hopkins High School, Hopkins, Minnesota

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Create A Far East Feast

Special thanks to Hopkins High School

Based on crunchy vegetables, tasty sauces, and lean cuts of meat, Asian food is a favorite at restaurants and at home. Make the most of this popularity by serving delicious, nutritious Asian food in your cafeteria. (It's easy to make, too!)

To boost the popularity of these dishes, transform your cafeteria into an exotic, exciting place. Simply use some of our recommended promotional items (pages 12-15) and a few basic props:

- **Chopsticks** – Inexpensive to buy, chopsticks can be a real crowd-pleaser. Recruit some experienced students or teachers to help others with their chopsticks. Getting everyone involved in the fun activities is a great way to build interest in your program.
- **Traditional Costumes** – Borrow or rent a costume that comes from an Asian land. Japan, China, Thailand, and Vietnam all have beautiful native clothing.
- **Music** – Free from the library, music can set the stage for your special Asian food day. Play it in the cafeteria while students are eating or use some over the school's loudspeaker to announce the upcoming festivities.

And that's just the beginning. Ask your staff and the teachers at your school if they have any ideas. Input from everyone for a project like this will make it a sure-fire success!

Use Your Imagination

You know your school and your customers. You're the expert on school meals in your community!

Here are some questions to help you get started. They're designed to help you tailor promotional efforts to your school.

- Does your community or region grow certain foods or is your region known for certain foods? Use them to inspire your decorations or meal choices. For example: If your school is surrounded by farms and rural areas, you might organize a day when all the food served reflects the local crops.

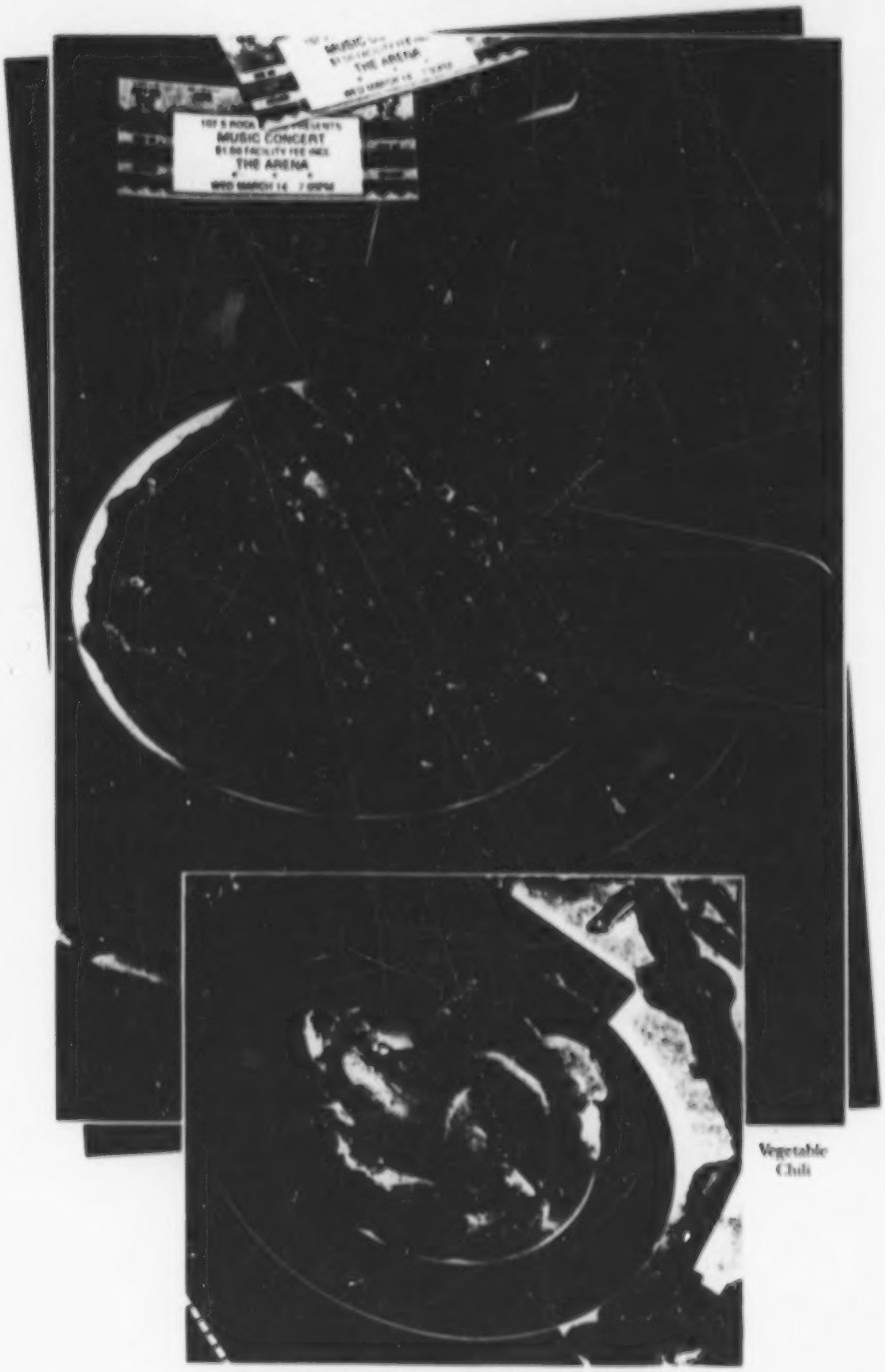
- What are your school colors? Can they be used in your cafeteria? For example: If your school colors are blue and white, you could serve blue corn and white corn tortilla chips with a Mexican-inspired meal.

- What's the school's mascot? If your school has a costumed character, such as a bulldog, you might use it to hand out fliers announcing a new dish in the cafeteria.

- Is there a significant event happening at the school or in your community? For example: When the local professional or semi-pro sports team is on a winning streak or in the playoffs, use its team colors or team name in your cafeteria to generate some excitement.

Brownie

Get The Whole School Involved!



Vegetable Chili

French Toast Strips with Sliced Apple Topping

Remember, these questions are just a few ways to get your creative juices flowing. Use your imagination and ideas from your staff or the teachers at your school to make your cafeteria the "in place" to be.

1. Contact the teachers in language classes or the sponsors of language/ethnic clubs. They can help you with a theme day and perhaps lend you props to decorate your cafeteria.

2. Use the public address system in your school. Free and easy, this is a great way to reach students early in the day as they decide what to do for lunch.

3. Ask the band director or choral director to add music to your theme day. It can be part of their teaching plan, and the sound of music will draw more kids into your cafeteria.

4. Ask parent volunteer groups to help out with promotions in the lunchroom. They're a great resource for ideas, too.

5. And that's just the tip of the iceberg. Each new idea will lead to another. And each different way you can present lunch at your cafeteria will add to the nutrition your students will receive.

Good Luck! Have Fun!

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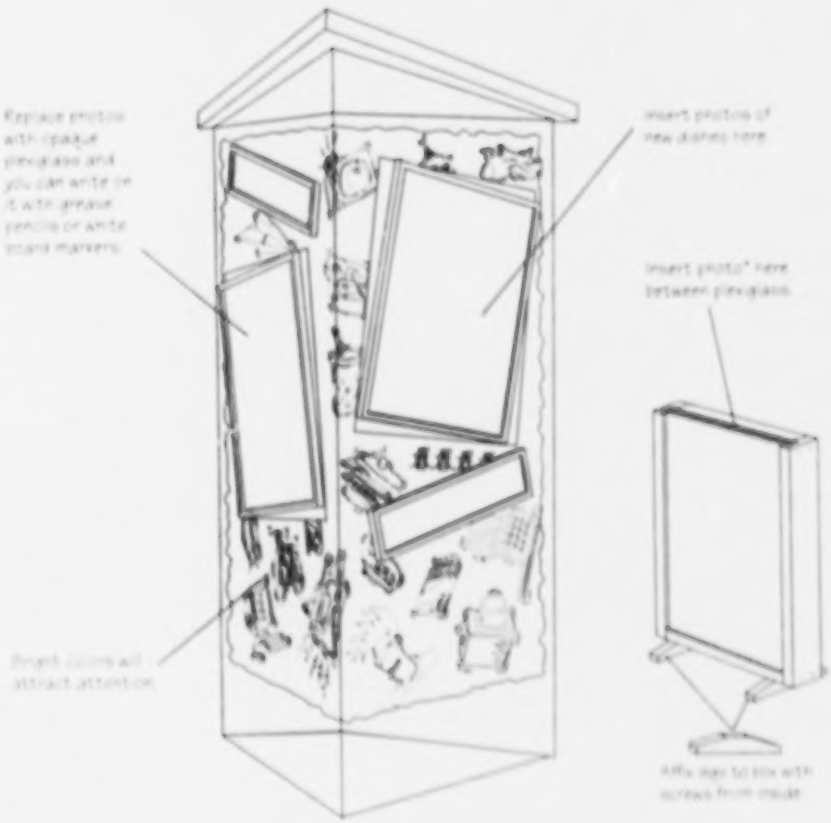
Increase Cafeteria Activity With These Exciting Promotional Items

Why should the fast-food restaurants have all the fun? Borrow some ideas from them and soon you'll see more students in your school cafeteria.

These promotional items can help you get started promoting new dishes, theme days, school activities and, of course, the fun of eating lunch at school.



Kiosk

Easy to build, this colorful, illuminated three-sided kiosk can be a colorful addition to your cafeteria. Just take another look at pages 8 and 9!

Use it to: Direct traffic around food bars, announce upcoming cafeteria or school events, or showcase a new dish by placing the kiosk in the main school entryway where kids come and go. Plexiglass "windows" let you change pictures and messages as often as you want.

How to: Woodworking directions are included with this package. The kiosk is a project that could be done in the school's wood shop class or contracted out to a woodworking professional.

Photo Box

1. Cut 4 pieces of ¾" AC plywood making 2 of them 3"x20½" for the sides, 1 piece 3"x15" for the bottom, and 1 piece 2⅜"x15" for the top.

2. On the 3 longer pieces for the sides and bottom, cut a 5/16" wide, 5/16" deep dado ¼" in from face edge. The photo*, sandwiched in between 2 pieces of plexiglass, will slide into this joint from the top of the finished box.

3. Assemble the 4 pieces of the Photo Box using 1½"- 4* finish nails and wood glue. The dadoed grooves must line up on the sides and the bottom. Assemble the top piece flush to the back. This will allow the photo panel to slide into the groove from the top.

* *Substitute a transparency for the photograph and illuminate if desired.*

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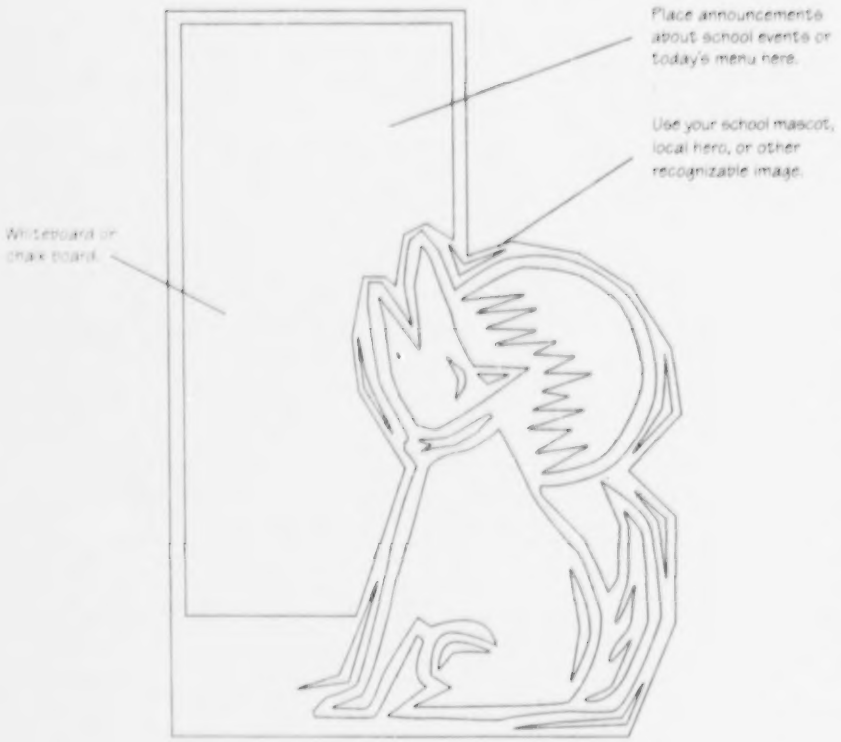
Free-Standing Whiteboard


Place announcements about school events or today's menu here.
Use your school mascot, local hero, or other recognizable image.
Whiteboard or chalk board

1. On a 3/4"x4'x4' AC plywood handy-panel, lay out your desired graphic image and menu-board area. Be sure to leave a 2" frame around the menu board in order to provide proper support for the whiteboard panel.

2. Cut along your layout lines using a jig saw. To make the interior cut-out for the whiteboard panel, drill a 3/8" hole inside each corner of the cut-out area. Start your jig saw in one of the holes and cut along the layout line to the next hole.

3. Use a router to shape the edges on menu board and to cut a 3/8"x1/4" rabbet joint around the back of the whiteboard opening. This will provide a recessed area for the whiteboard panel.

4. Sand the entire menu board, then paint and decorate the menu board according to your school colors or other preferences.

5. Cut a piece of 1/4" thick whiteboard to fit into the back of the menu board. Use flush mount retainers to hold the whiteboard panel in place. Depending on your specific mounting preference, mount either an easel stand or wall hanging brackets to the back of the finished menu board.

4. Cut 2 pieces of 3/4" AC plywood 1 1/2"x9". Measure in 3" from each end of both pieces, then measure 3/4" from the top edge. Draw a line between the two points. Trim on this line. This tapers the top edge of the legs.

5. Attach the legs to the Photo Box from the inside using wood screws. Pre-drill all holes first.

6. Sand box and paint desired color.

7. Cut 2 pieces of 1/8" clear plexiglass 15 3/8"x20". Trim photo* to the same size. Sandwich photo* between the 2 pieces of plexiglass. Tape edges with transparent tape.

8. Slide plexiglass and photo* into the top of the Photo Box.

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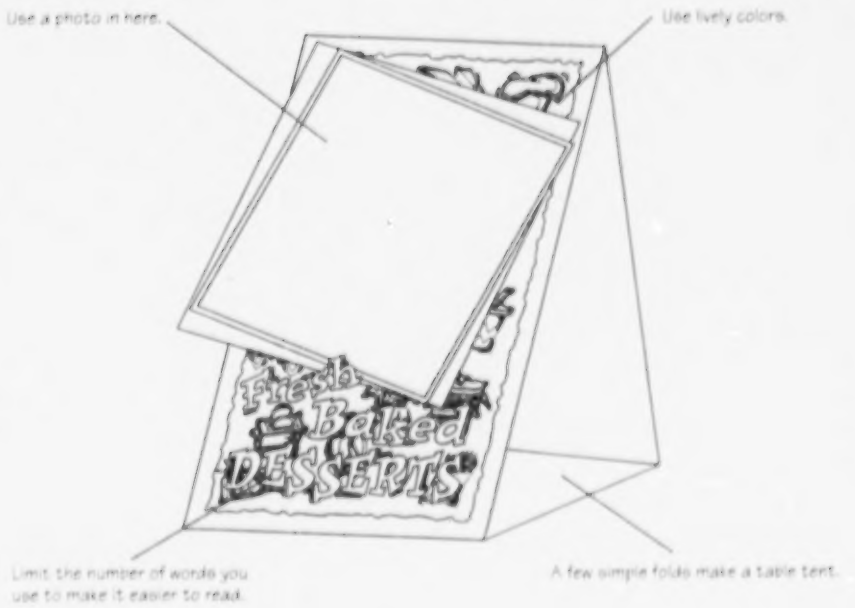
Table Tents

Great for announcing next week's meals or this week's specials, these are an inexpensive way to reach students and the school's staff.

Use them to: Decorate cafeteria tables, spread the news about lunch or breakfast in other areas of the school (like the library), or announce a special school activity.

How to: Look at table tents in other restaurants to get ideas. These could be done at a local instant printing shop or as part of a school or art class activity. Then just fold them and place them on your tables.

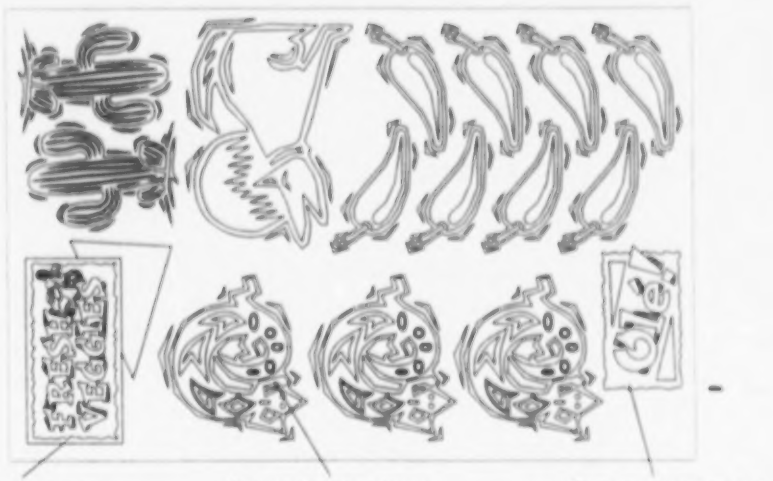

Use a photo in here.
Use lively colors.
Limit the number of words you use to make it easier to read.
A few simple folds make a table tent.

Static-Cling Decorations

Colorful and fun, these decorations can add a burst of excitement around the protective glass of your main serving line or salad bar.

Use them to: Decorate your cafeteria, add color, or create a mood for your theme day or ethnic food day.

How to: Order these from a local shop specializing in screen printing. (They shouldn't cost too much.) Or have someone in your school's computer center produce a color printout on acetate.



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Help Kids Make Healthy Eating Fun!

Capturing children's attention and helping them understand good nutrition is a challenging task. That's why USDA's Team Nutrition has made special arrangements with Disney's Buena Vista Pictures Distribution, Inc. to enlist the services of two very famous characters from "The Lion King" as our "spokestoons."

"Pumbaa," a good-hearted warthog, and "Timon," a wisecracking meercat, both enormously popular characters with children, will provide you with special help to motivate children to make healthful food choices.

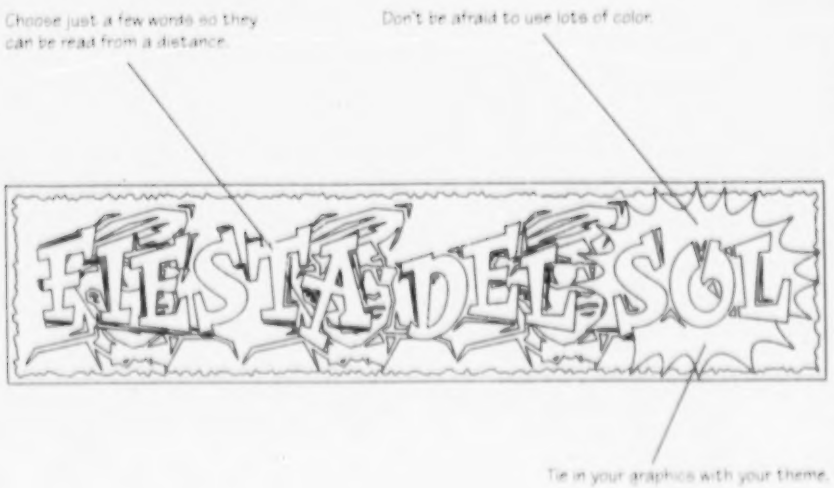
A number of public service announcements have already been taped using these well-liked characters giving children tips for healthful eating. And promotional materials featuring "Pumbaa" and "Timon" will soon be available for your cafeteria.

In the cafeteria, these "spokestoons" will deliver an easy-to-understand message about good eating habits and smart food choices. Colorful and lively, the materials will entertain children as well as inform them. It's a terrific way to get kids involved from the start.

In addition, the cafeteria materials will complement and reinforce what kids are learning in the classroom through Team Nutrition's classroom teaching kits.

Banners

Perfect for the wide side of a salad bar, banners help add color and excitement to your cafeteria setting. Plus, they're inexpensive to do!

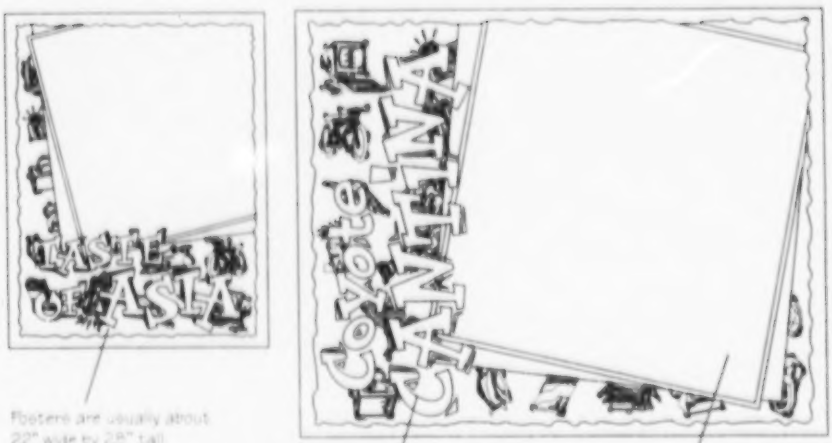

Choose just a few words so they can be read from a distance.
Don't be afraid to use lots of color.
FIESTA DEL SOL
Tie in your graphics with your theme.

Use them to: Set a theme for an ethnic food day, introduce a new dish to the cafeteria menu, or announce an upcoming school activity.

How to: Making a banner can be as easy as using a length of white or colored paper, newsprint paper, or any other large roll of paper. The banner may be made by school art classes or ordered at any local print shop or sign company.

Posters/Hang Cards

Hang these in the cafeteria and in other areas of the school to start the students talking about the tasty food being served in the cafeteria.


Posters are usually about 22" wide by 28" tall.
Make sure your words are large enough to read from a distance.
Use big graphics and photos so they can be seen from across a room.

Use them to: Tell students about a theme day coming to the cafeteria, introduce a new entree, side dish or dessert, or announce an upcoming school activity like a pep rally, big game, prom, or graduation.

How to: Posters can be done by the students at your school or by folks at an instant copy shop or print shop. Bright colors and pictures will improve the effectiveness of your posters. For a dramatic look, use enlarged photos.

"HEY! Turn the page to see what else is new."

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October 1995

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Picture This In Your School!

USDA's New School Lunch and Breakfast Recipes...
A Tool Kit for Healthy School Meals!

A picture is worth a thousand words.

That's why we've included these picture pages with 24 of the new school lunch and breakfast recipes.

The pictures are for you and your staff... so you can see at a glance what exciting new entrees and side dishes you can prepare with the recipes. You can use them for staff training, menu planning, and to get merchandising ideas, such as ways to garnish a sample display plate to present at the start of the serving line or on a special table strategically placed outside the cafeteria.

The pictures are for the kids, too... You'll find the pages are easy to copy, so you can display them in plexiglass frames on the serving counter or, enlarged, in frames on the wall. The kids can see what's for lunch today...or, looking ahead, for tomorrow! You may also want to display the nutrition information that comes with each recipe. Show kids why they're making a healthy choice!

If you'd like to obtain the original transparencies for other uses... Contact your state agency. We'll be giving a set of these 24 slides to each state, and you may be able to borrow them. If you prefer, you can purchase copies from USDA's Photography Center. You can take these slides to a local photography shop for enlargements. The strong color in the slides holds up—even in photos as large as 16 x 20 inches. Posters or light boards made from the transparencies will really get kids' attention!

For more information on how to purchase the slides from USDA, write or call:

Photography Center
Office of Communications
South Building - Room 4404
U.S. Department of Agriculture
14th Street and Independence Ave., SW
Washington, D.C. 20250

Telephone: 202-720-6633

Chicken Stir-Fry

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Quick Baked Potato

BEST COPY AVAILABLE

Oatmeal Raisin Cookie

BEST COPY AVAILABLE

Rice-Vegetable Casserole

BEST COPY AVAILABLE

Corn and Green Bean Casserole

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Herbed Broccoli and Cauliflower Polonaise

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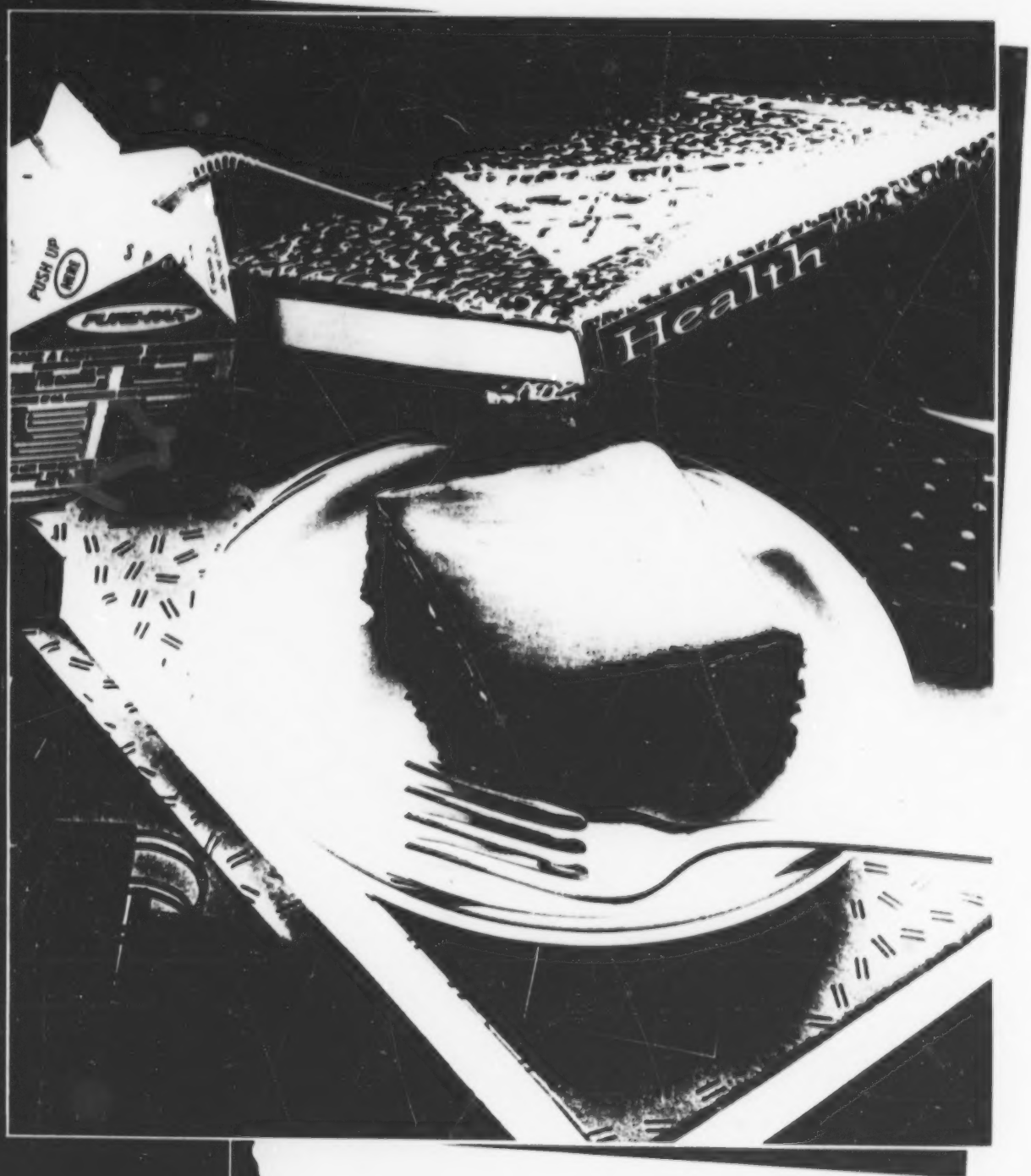

Brownie

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Beef Shepherd's Pie

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Chicken Fajita

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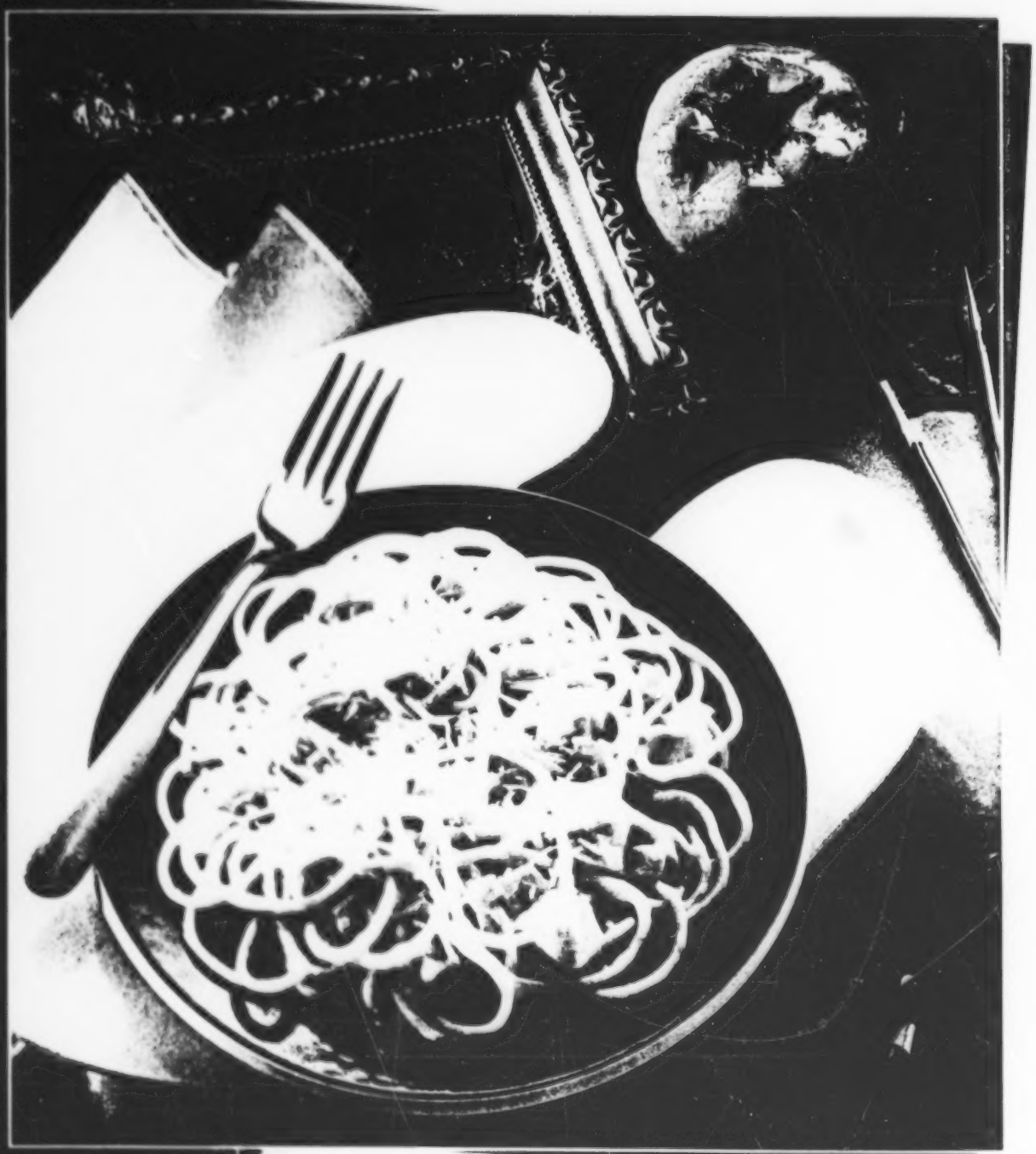

Chicken Tetrazzini

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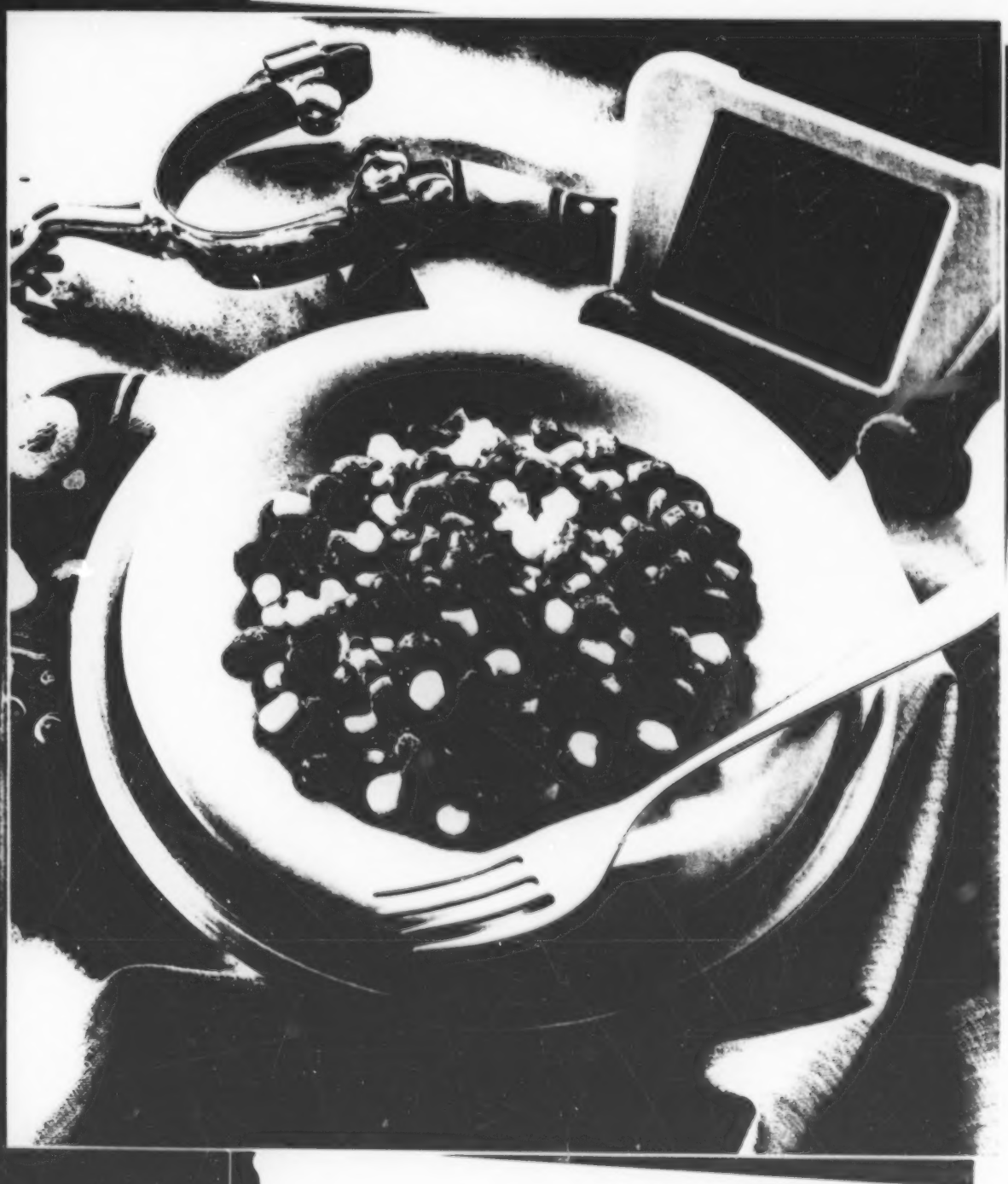

Marinated Black Bean Salad

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French Toast Strips with Spiced Apple Topping

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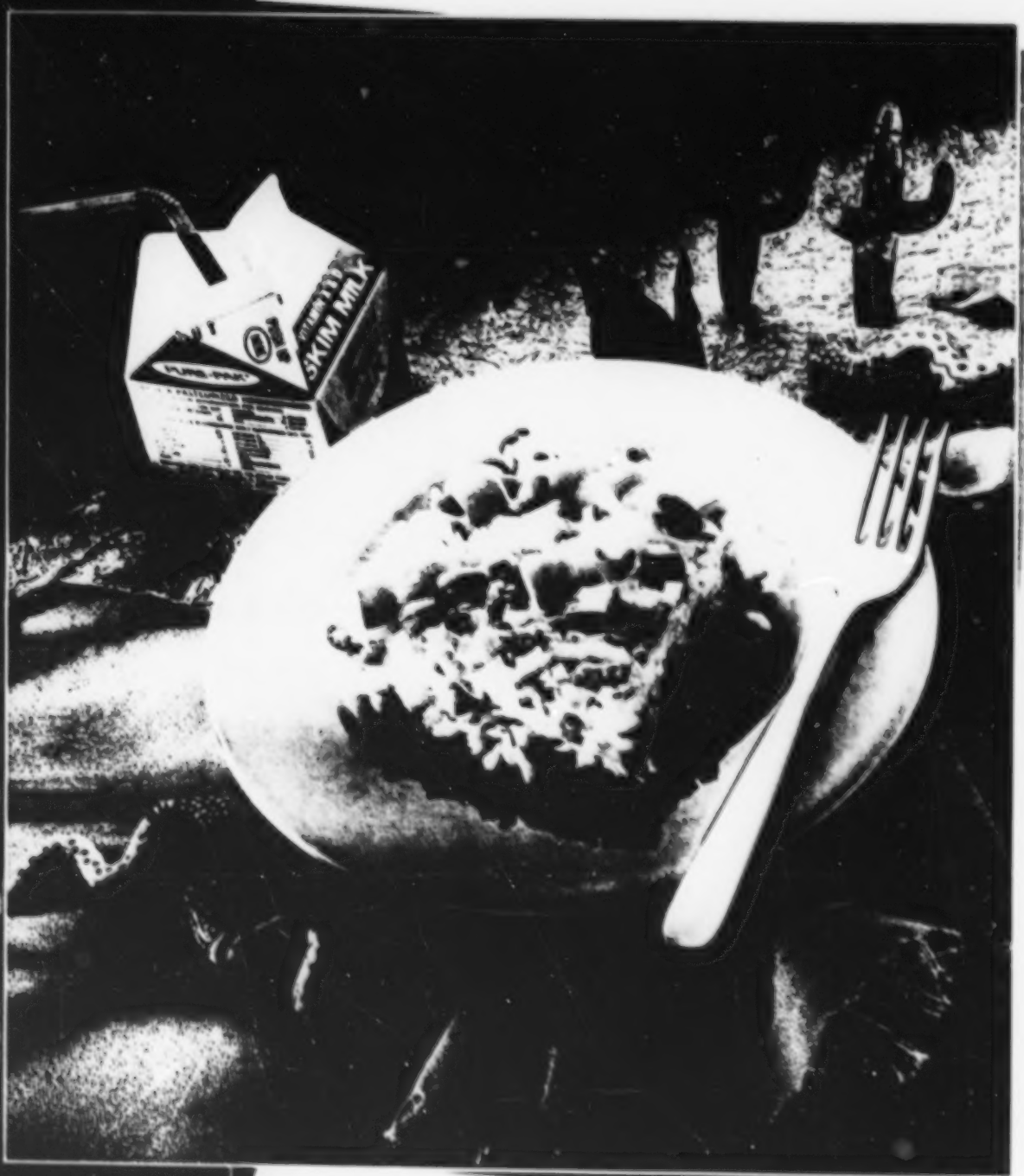
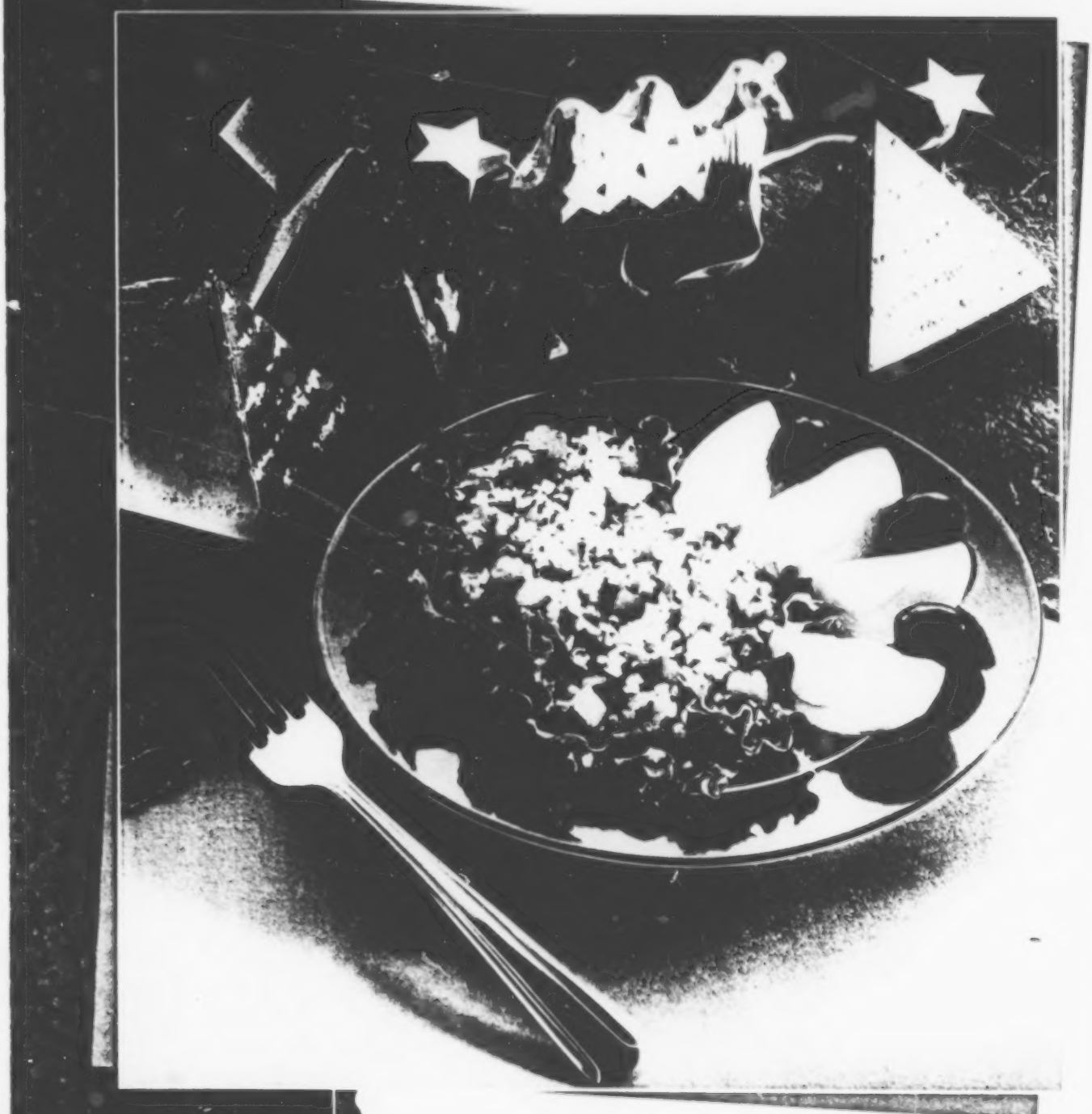


Arroz Con Queso (Rice with Cheese)



Tabouleh

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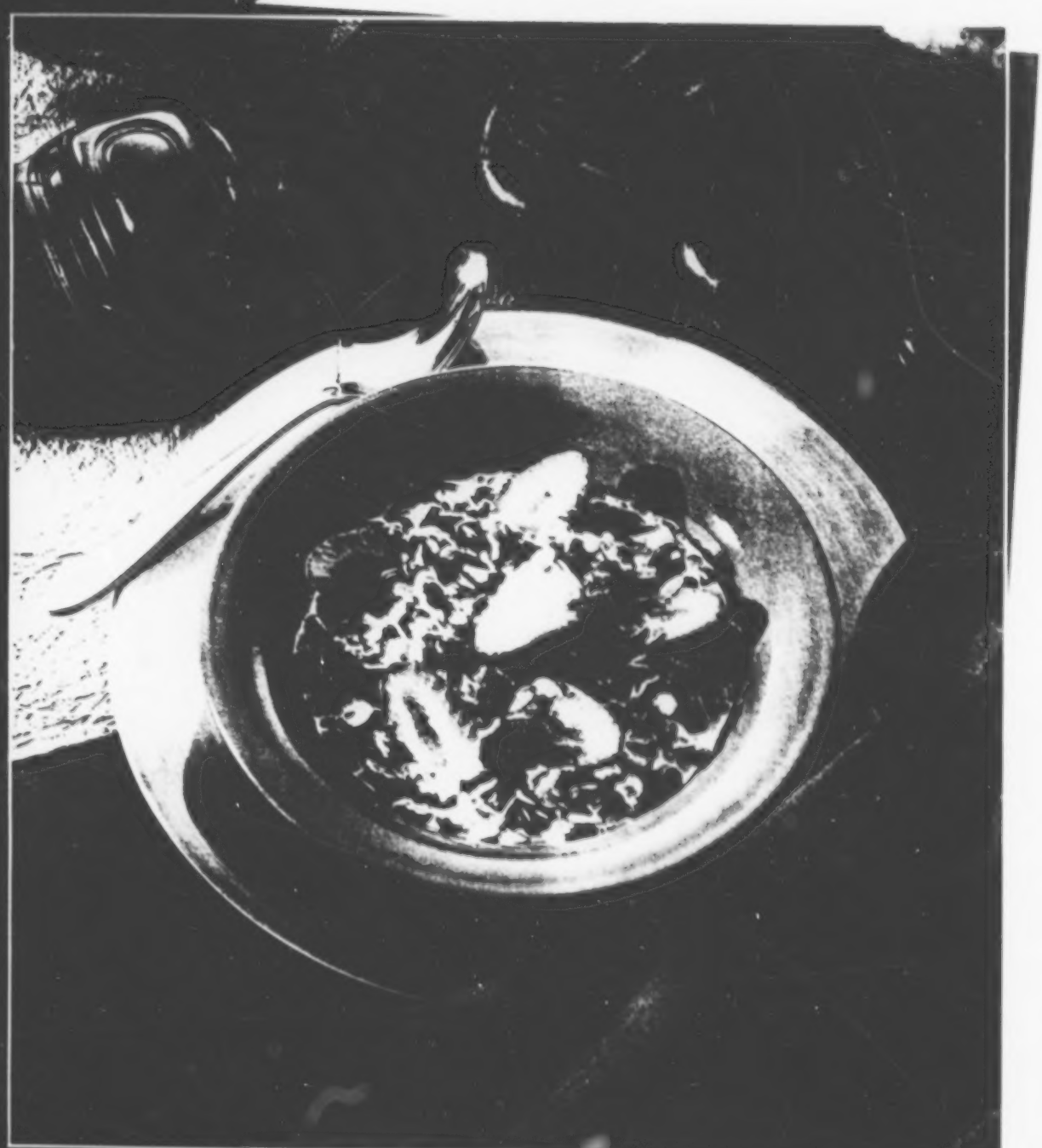

Granola

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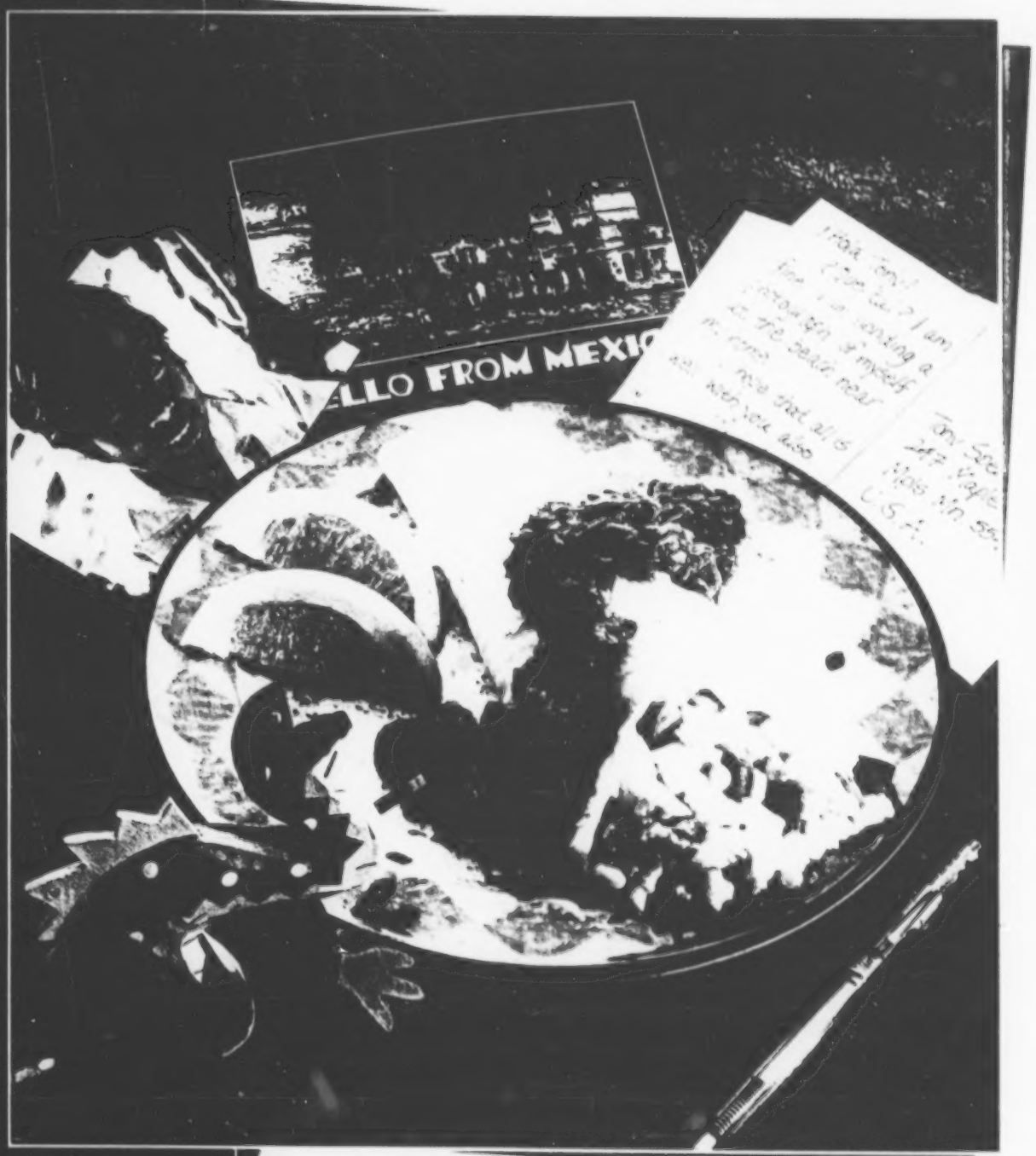
Beef Taco Pie

Baked Fish Scandia



Breakfast Burrito with Salsa

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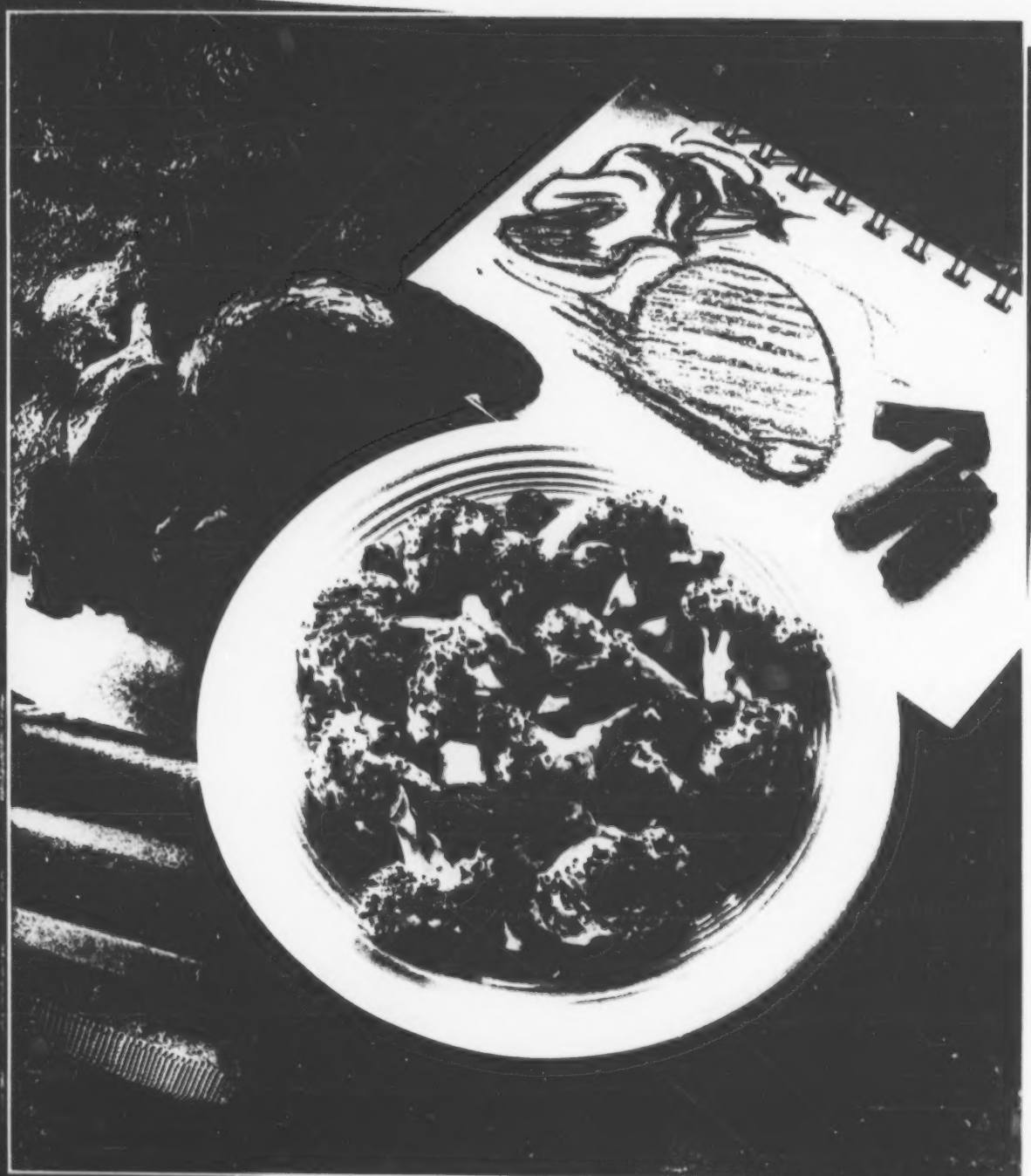
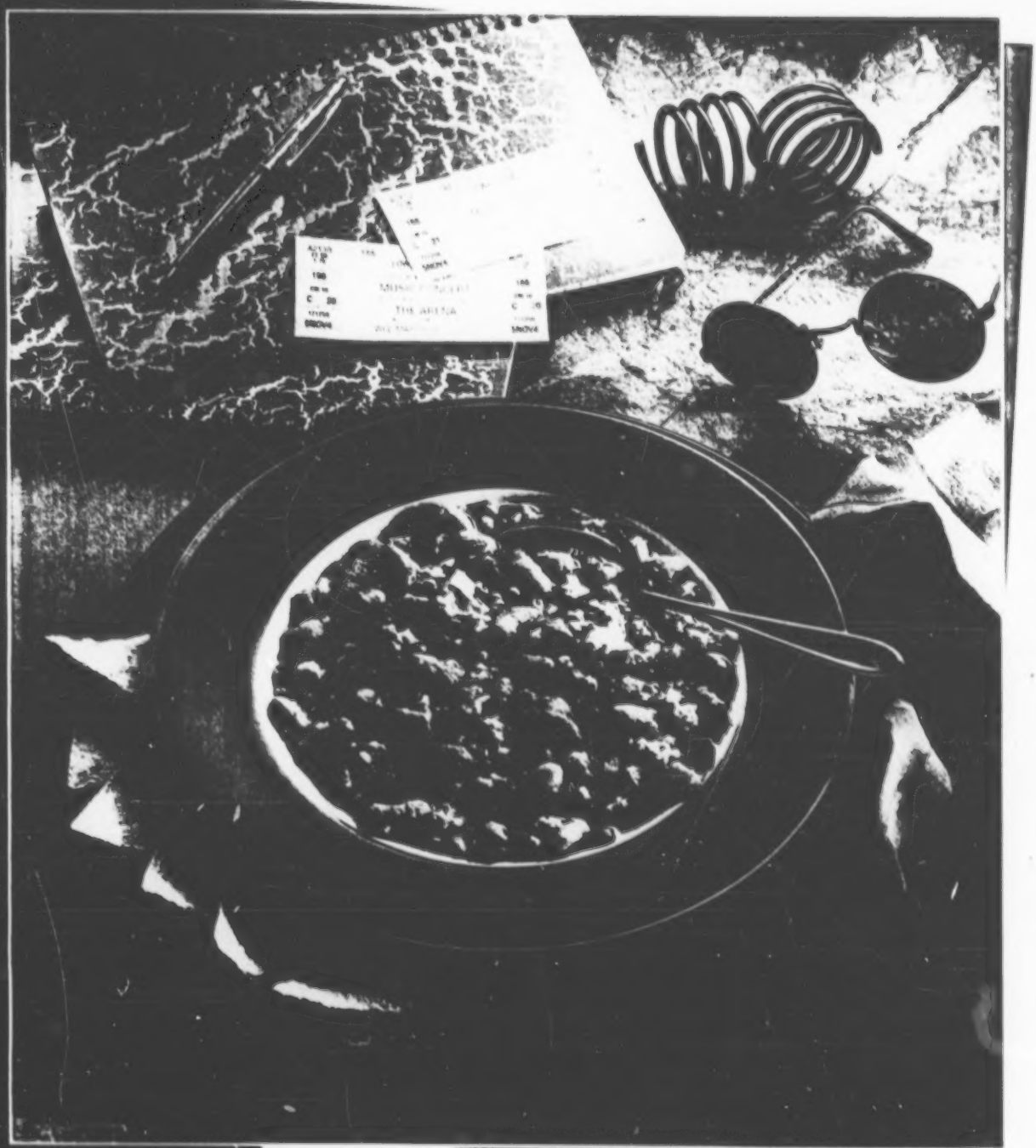
Dessert Plate

Thick Vegetable Soup

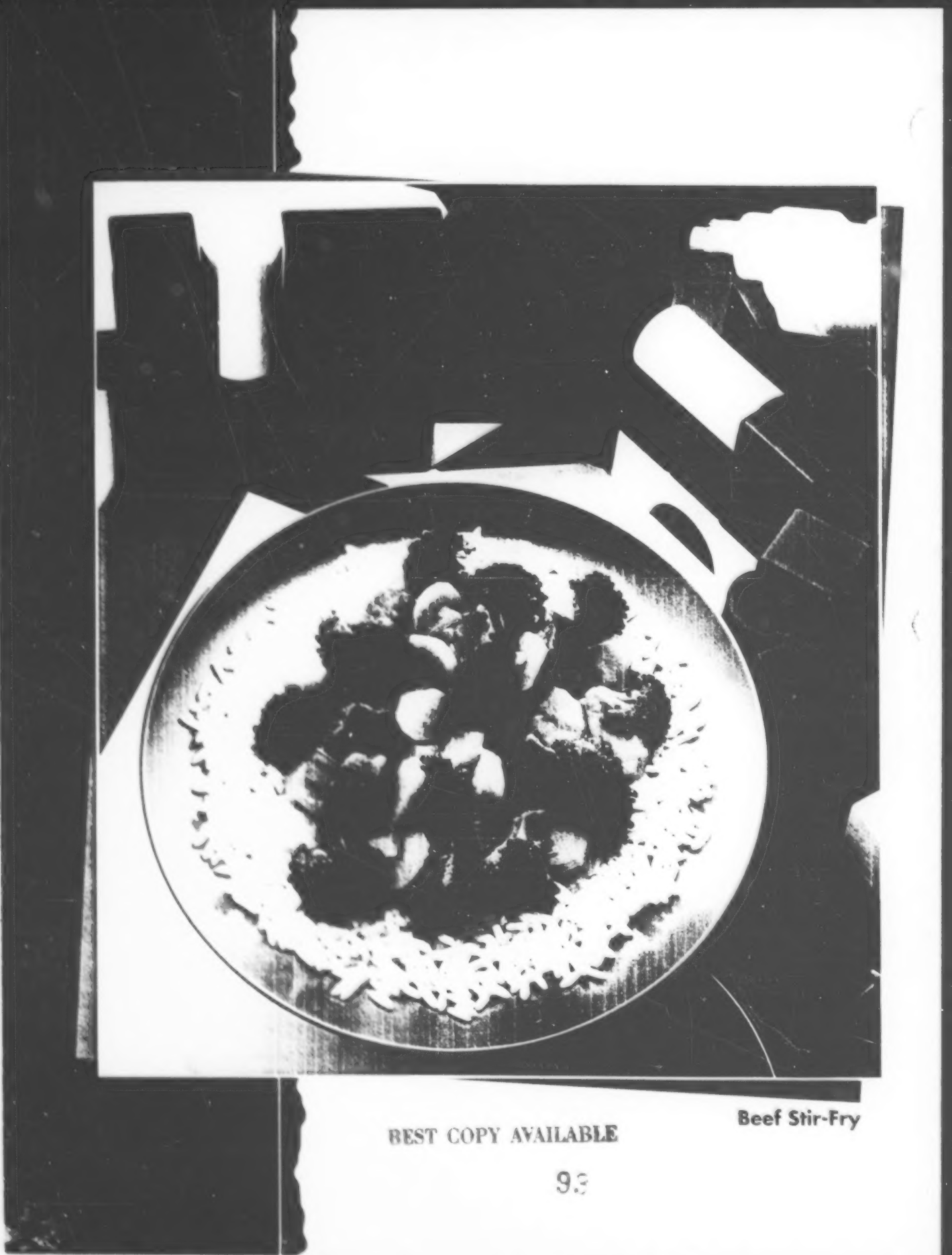


Broccoli Salad



Vegetable Chili

Tabouleh/Gyro



Beef Stir-Fry

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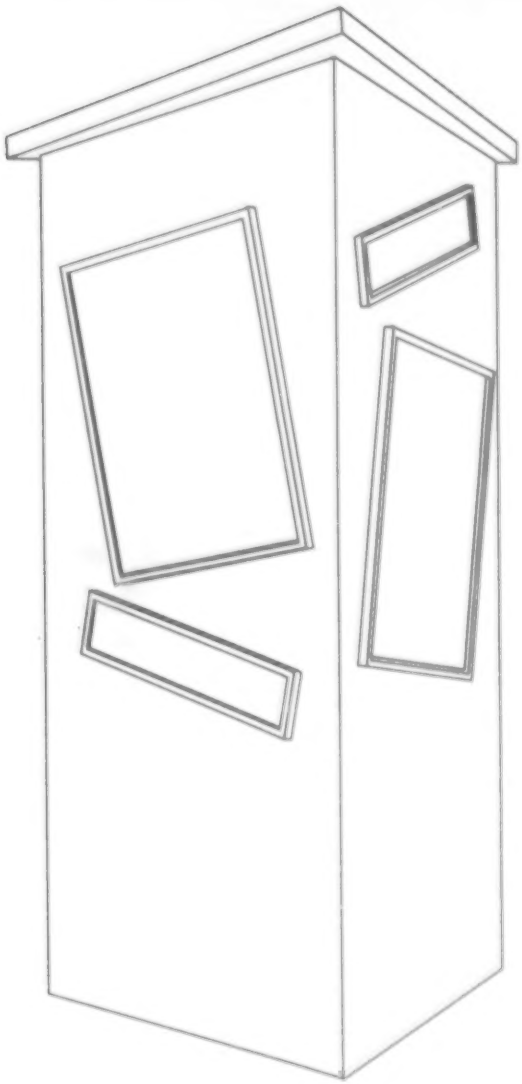
Electrically Illuminated Promotional Kiosk



A Step-By-Step How-To Guide

Materials And Tools Needed To Build The Promotional Kiosk

- 2 - ½"x4'x8' sheets AC plywood
- 3 - 1"x2"x12' pine boards
- 1 - 1"x4"x2' pine board
- 1 - 48" continuous hinge
- 1 - slide latch
- 1 - ⅛"x20"x60" clear plexiglass
- 1 - ¼"x20"x60" white plexiglass
- 1 lb. 1⅛" finish nails
- 1 qt. wood glue
- 1 qt. white latex enamel paint
- 3 - nylon floor glides
- 2 - fluorescent light fixtures with bulbs & cord
- 80-grit, 100-grit, and 150-grit sandpaper
- Table saw
- Hand saw
- Circular saw
- Miter saw
- Router with bits
- Hammer
- Screwdriver
- Handscrew clamps

Build The Promotional Kiosk For Less Than $250
Total Construction Takes Just 20 Hours

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PROMOTIONAL KIOSK
Step-By-Step Instructions

Side Panels

1 Cross-cut a 4' × 8' sheet of ½"-thick plywood to 66" with a circular saw or panel saw.

2 Set the rip fence on your table saw at 24", and cut the side panels (A) by ripping the 66"-long sheet of plywood in half.

3 Set the blade on the saw to the proper angle to cut a 50° bevel (see *Detail 1*). Set the fence so the cut leaves a 23⅞"-wide workpiece (test on scrap wood to find the exact distance). Miter the joining edges of the side panels. Place the factory edge against the fence, with the smooth side of the plywood down when cutting the angle; this will position the smooth side out during assembly.

4 Set the blade on the saw to the proper angle to cut a 40° bevel (see *Detail 2*). Set the fence so the cut leaves a 23½"-wide workpiece. Place one side panel smooth-side-down, and cut off the factory edge on the panel. Repeat for other side panel.

5 Measure along the outside edge of each side panel and place a mark at 60". Using a straightedge, draw a line from the mark to the top point of the 50° beveled edge. This will provide the roof pitch with a 6" drop, from 66" to 60".

6 Label the panels with a pencil. With the smooth side facing you, the panel with the 60" side on the left is the left panel. The other panel is the right panel.

7 Set the base of your circular saw at the proper angle to cut a 13° bevel, and cut off the top end of each panel. Be sure that the smooth side will always be out before you cut any angles. In this case, the long side of the angle should be the smooth side.

8 Cut 16" × 20" and 15" × 5" pieces out of scrap plywood. These will be your templates for cutting the rough openings in the side panels.

9 To correctly locate the templates, measure along the 60" side of the left panel and place a mark 26¼" up from the bottom. Using a framing square, scribe a line across the panel. This will be your base line. Scribe another line 2" in from the 60" side, and mark it the entire length of the side. This will be your edge line. Finally, on the 66" side, place a mark 29¼" up from the bottom. Using a framing square, scribe a line approximately 6" long. This will be your angle line.

10 Place the 16" × 20" template so one corner is on the base line, one on the edge line and one on the angle line. Hold the template tight to the panel and trace a line around the entire template.

11 Along the 66" side, place a mark 2" above the top corner of the template outline. Use the square, and scribe the line across the panel. This will be your second baseline. Measure up 2¾" from this line along the 60" side, and place a mark. Scribe a line approximately 6" long. This will be your second angle line.

12 Place the 15" × 5" template so one corner is on the second base line and one is on the intersection of the second angle line and the edge line. Hold the template tight to the panel and trace a line around the entire template.

13 Lay out the right panel in similar fashion, but remember to reverse the order of the openings (see *Front View*).

14 Using a jigsaw or a circular saw and a straightedge guide clamped to the side panel, carefully cut out the marked window openings.

15 On the front side of the side panels, cut a ¼" × ¼"-deep rabbet around all the openings with a router and a pilot-bearing bit.

Back Panel

1 Cross-cut another sheet of ½"-thick plywood to 60", using a circular saw or panel saw to cut out the back panel (B).

2 Set the table saw blade to the proper angle to cut a 40° beveled edge (see *Detail 1*). Set the rip fence to 29". Cut a beveled edge along one of the 60" edges. Be sure to keep the smooth side down when cutting.

3 Set the rip fence so the cut leaves a 28¾"-wide workpiece. Rotate the workpiece 90° (same side down), and cut off the factory edge of the remaining 60" edge.

4 Mark an outline for the door by measuring and scribing lines 3" from the top, 5½" from the sides, and 5" from the bottom. Cut out the door, using the same method as in step 14 of the side panel section.

Corner Braces and Nailing Strips

1 Set the table saw blade to cut a 40° beveled edge, and cut a bevel on one side of a piece of 1" × 2" × 10' stock.

2 Reset the table saw blade to 0°, and cross-cut the same workpiece into two 60"-long pieces to make the side braces (F).

3 Set the table saw blade to cut a 50° beveled edge, and cut a bevel on one side of a 1" × 2" × 66" to make the front brace (E).

4 Set the table saw blade to cut a 13° beveled edge, and cut a bevel on one long side of a piece of 1" × 2" × 5' stock. Reset the saw to 0°, and cross-cut the stock into two 18" and one 24" piece to form the nailing strips (G, H).

5 Glue and clamp the front brace to the 66" side of the left panel, and both side braces to the inside edges of the back panel.

6 Glue and clamp the 24"-long nailing strip, centered at the top of the back panel. Do the same with the 18" nailing strips at the top of the left and right panels.

Plexiglass Panels

1 Cut two pieces of ¼"-thick white plexiglass 16⅜" × 20⅜", and two pieces 15⅜" × 5⅜". This allows a 1/16" cushion on each side when placed in the side panels.

2 Cut two pieces of ⅛" clear plexiglass 15⅞" × 19⅞", and two pieces 14⅞" × 4⅞".

3 Insert the white plexiglass into the appropriate panel openings. Set aside the clear plexiglass panels.

Window Molding

1 Set the table saw blade at 0° and the rip fence at 7/8", and rip a piece of 1" x 4" x 10' stock into two 1" x 7/8" x 10' strips for the window molding (J).

2 Cut a 1/4" x 3/16"-deep rabbet along one side of both strips (see *Detail 4*), using a router table and 1/4" bit.

3 Using a 1/4" radius beading bit in your router table, shape the two top edges of the window molding (see *Detail 4*).

4 Crosscut one 1" x 7/8" x 10' strip in half. Rip the 3/8" x 3/16" lip off the entire length of one half (see *Detail 4*). The resulting 9/16" x 3/4" x 60" strip will be used for the entry slot in the frame for the clear plexiglass.

5 Crosscut the strips into four 6 1/4" lengths, four 21 1/4" lengths, and eight 16 1/4" lengths. NOTE: Make sure to cut two of the 16 1/4" lengths and two of the 6 1/4" lengths from the 9/16" x 3/4" x 60" entry slot strip.

6 Miter the molding strips to fit each opening.

7 Glue and nail the frame molding to the panel with 1 1/8" finishing nails. NOTE: Overlap the white plexiglass with the molding by 1/2" on each side. Use the frame entry slot on the "uphill" side of each opening. Predrill the nail holes to prevent splitting.

Making the Door Stops

1 Rip 1/2"-thick plywood into two pieces 1 1/2" wide and 74 3/4" long to make the door stop strips (K).

2 Crosscut each 74 3/4"-long strip 20 3/4" from one end.

3 Miter the door stop strips to border the inside of the door opening in the back panel, overlapping the entire opening by 1/2". Glue and clamp in place until the glue dries.

Assembling the Panels

1 Apply a bead of woodworker's glue to the front brace on the left panel.

2 Nail the right panel to the left panel using 1 1/8" finishing nails and let stand 30 minutes for the glue to set up.

3 Apply glue to both side braces on the back panel, then nail the left and right panels to the back panel, using 1 1/8" finishing nails through the nailing strips. Let stand 30 minutes for the glue to set.

4 Nail the glide feet into the bottom of the front brace and the two side braces.

5 Attach a 48"-long piano hinge to the door cut in the back panel. Mount hinge and door to back panel. A self-centering drill bit will make attaching the hinge easier.

Making the Top

1 Cut 1/2"-thick plywood into a piece 21" x 33 1/4".

2 Find and mark the midpoint of the length of the workpiece. Scribe a line from the marked point to both corners on the long side opposite the midpoint, to form a 26 1/2" x 26 1/2" x 33 1/4" triangle.

3 Set the cutting depth of your circular saw to 3/4", and cut along your scribed lines to form the display top (C).

4 Set your circular saw blade to cut a 13° bevel, and cut a bevel along the edge of the display top. Align the cut carefully, so you retain the 26 1/2" x 26 1/2" x 33 1/4" dimensions on the bottom side of the workpiece.

5 Set the table saw blade to cut a 13° bevel, and the rip fence to 2". Rip two pieces of 1" x 2" stock 26 1/2" long, to make the top trim (D).

6 Set your table saw to cut a 50° bevel, and cut a 50° miter on one end of each top trim piece, where the trim pieces join at the front of the display. Be sure to keep the long side of the angle to the bottom, or in this case, toward the triangle-shaped top piece.

7 Set your table saw to cut a 40° bevel, and cut a 40° miter on the other end of each top trim piece.

8 Glue the top trim pieces to the edge of the top piece, and nail in position with 1 1/8" finishing nails.

9 Glue the top piece to the assembled base and nail in position with 1 1/8" finishing nails. Keep an equal overhang on the front two sides, but align the back side flush with the outside face of the back panel (B).

Finishing the Display

1 Sand the entire display, starting with 80-grit sandpaper, and working gradually through 100-grit to 150-grit sandpaper.

2 Fill nail holes and knot holes with wood filler, then finish-sand the entire workpiece.

3 Apply multiple coats of paint for desired effect. NOTE: paint the inside with a white gloss paint to enhance the reflectiveness and brightness of the lights.

4 Attach a handle and door latches at this point. Consider installing a keyed latch and a recessed handle.

5 Assemble the fluorescent light fixtures and mount on the inside of the door panel with screws (be careful not to pierce the outside of the back panel). Drill an entry hole for the power cord through the lower portion of the back panel, and install a rubber cable grommet. **As you build and use the kiosk, be sure to check and comply with state and local fire safety and electrical codes in your area.**

6 To use display, apply transparencies to the clear plexiglass with clear tape around the edges, making a graphic panel. Slide the assembled graphic panels into each window through the frame entry slots. Plug the display into an electrical outlet.

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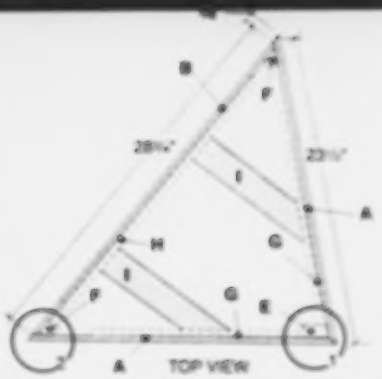

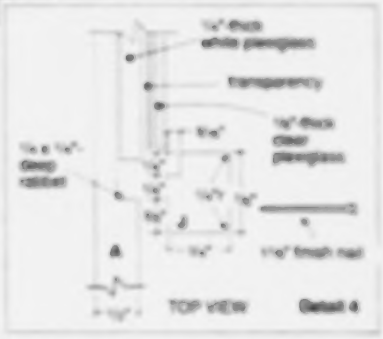

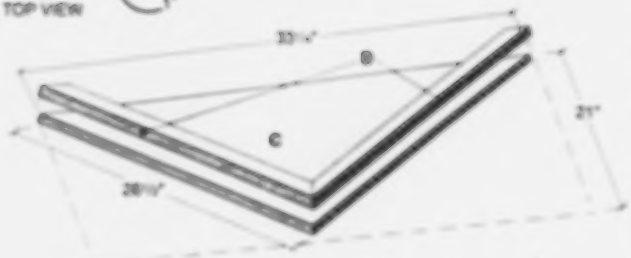

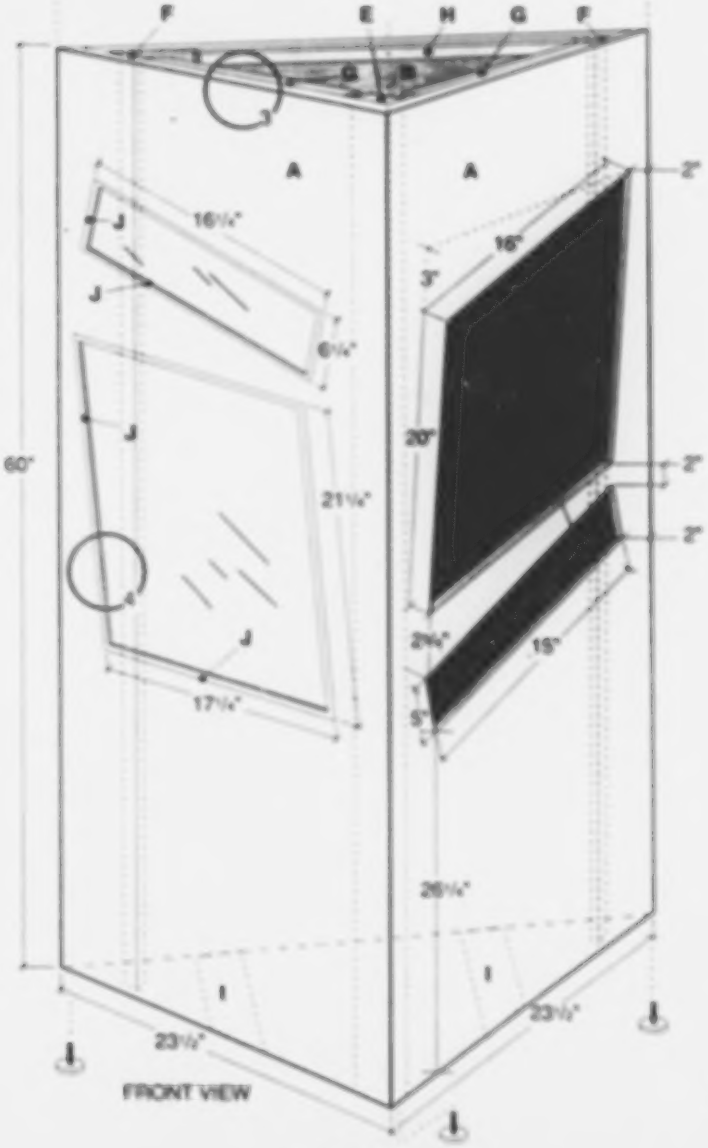

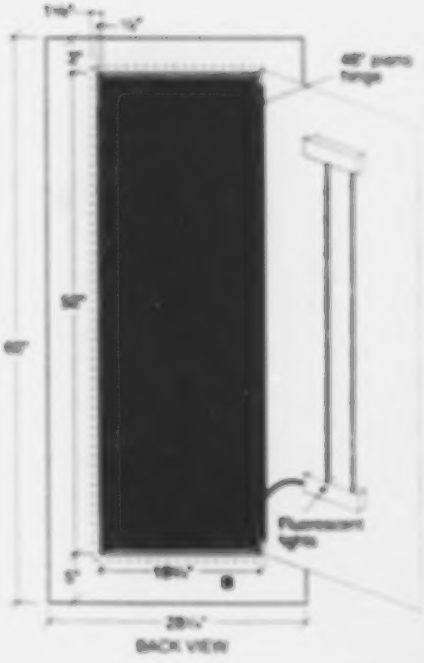

Cutting List

A	2	Side panel	¾ x 23¼ x 60"
B	1	Back panel	¾ x 28¼ x 60"
C	1	Top	¾ x 21 x 33¼"
D	2	Top trim	1 x 2 x 28¼"
E	1	Front brace	1 x 2 x 66"
F	2	Side brace	1 x 2 x 60"
G	2	Nailing strip	1 x 2 x 18"
H	1	Nailing strip	1 x 2 x 24"
I	2	Lower brace	1 x 4 x 6"
J	1	Window molding	¾ x ¾" x 22'
K	1	Door stop strip	¾ x 2 x 41¼"

Miscellaneous: 48" piano hinge, slide latch, ¼" thick white plexiglass, ⅛" thick clear plexiglass, 1¼" finish nails, wood glue, white latex paint, nylon floor glides, fluorescent light panel.

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Grains/Breads

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NUTRITION

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Oatmeal Muffin Squares

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats	8 oz	2¼ cups	1 lb	1 qt ½ cup		1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water		3½ cups		1 qt 3 cups		
All-purpose flour	1 lb 3 oz	3½ cups	2 lb 6 oz	1 qt 3 cups		2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		1¼ tsp		2½ tsp		
Ground cinnamon		1¼ tsp		2½ tsp		
Ground nutmeg		1¼ tsp		2½ tsp		
Salt		1¼ tsp		2½ tsp		
Margarine or butter	6 oz	¾ cup	12 oz	1½ cups		3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
Brown sugar	1 lb 2 oz	2¼ cups	2 lb 4 oz	1 qt ½ cup		
Sugar	1 lb 2 oz	2¼ cups	2 lb 4 oz	1 qt ½ cup		
Vanilla		2½ tsp		1 Tbsp 2 tsp		
Frozen egg whites, thawed	9 oz	1⅛ cups	1 lb 2 oz	2¼ cups		4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
OR						
Fresh large egg whites		7 each		14 each		
Lowfat plain yogurt	2 oz	¼ cup	4 oz	½ cup		
Canned applesauce	2 oz	¼ cup	4 oz	½ cup		

(over)

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Topping:						5. Combine topping ingredients and mix until crumbs are pea-sized. 6. Pour 3 qt (7 lb 7 oz) of batter into each lightly greased 12" x 20" x 2½" steam table pan and spread evenly. Sprinkle 1¾ cups of topping over each pan. 7. **To Bake:** Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan. 8. Cut each pan 10x5.
Rolled oats	3 oz	1 cup	6 oz	2 cups		
All-purpose flour	1 oz	¼ cup	2 oz	½ cup		
Brown sugar	2 oz	¼ cup	4 oz	½ cup		
Margarine or butter	2 oz	¼ cup	4 oz	½ cup		

(over)

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SERVING: 1 piece
provides 1 serving of grains breads

YIELD: 50 servings: 7 lb 1 oz
100 servings: 14 lb 2 oz

VOLUME: 50 servings: 3 qt ½ cup
100 servings: 1 gal 2 qt 1 cup

Variations

a. Peach Muffin Squares

In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

b. Blueberry Muffin Squares

In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

Nutrients Per Serving

Calories	185	Saturated Fat	.9 g	Iron	1.0 mg
Protein	3 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	34 g	Vitamin A	46 RE/157 IU	Sodium	147 mg
Total Fat	4.2 g	Vitamin C	.0 mg	Dietary Fiber	1 g

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Orange Rice Pilaf

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh onions, chopped	8 oz	1⅔ cups	1 lb	3⅓ cups		1. Place onions, water, orange juice, seasonings, and bay leaves in a stockpot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
OR						
Dried onions, minced	2 oz	⅓ cup	4 oz	¾ cup		
Water		2 qt		1 gal		
Orange juice		2 qt		1 gal		
Salt		2 tsp		1 Tbsp 1 tsp		
White pepper		1 tsp		2 tsp		
Bay leaves		4 each		8 each		
White rice	3 lb 4 oz	1 qt 3 cups	6 lb 8 oz	3 qt 2 cups		2. Weigh out 3 lb 4 oz of rice into each 12" x 20" x 2½" steam table pan. Add 1 gal 1 cup of liquid per pan. Cover with foil or metal lid. 3. **To Bake:** Conventional Oven 350°F, 45 minutes Convection Oven 350°F, 30 minutes Compartment Steamer 30 minutes

*See Marketing Guide.

(over)

SERVING: ½ cup (No. 8 scoop) provides 1 serving of grains/breads

YIELD: 50 servings: 11 lb 2 oz
100 servings: 22 lb 4 oz

Special Tip: One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf, after cooking, for color and taste. To toast almonds, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350°F for 15 minutes, until lightly browned.

Nutrients Per Serving

Calories	127	Saturated Fat	0 g	Iron	1.3 mg
Protein	2 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	28 g	Vitamin A	3 RE/31 IU	Sodium	96 mg
Total Fat	.2 g	Vitamin C	15 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	10 oz	1 lb 3 oz	.....

Brown Rice Pilaf

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown rice White rice	1 lb 7 oz 1 lb 7 oz	3⅓ cups 3⅓ cups	2 lb 14 oz 2 lb 14 oz	1 qt 2½ cups 1 qt 2½ cups		1. Place 1 lb 7 oz of brown rice and 1 lb 7 oz of white rice in each 12" x 20" x 2½" steam table pan.
Low-sodium chicken stock, non-MSG White pepper *Onions, ¼" diced OR †Dried onions, diced	 4 oz 1 oz	3 qt 1 cup ½ tsp ¾ cup ⅓ cup	 8 oz 2 oz	1 gal 2 qt 2 cups 1 tsp 1½ cups ¾ cup		2. Heat the chicken stock, white pepper, and onions in a pot. Bring to a boil.
						3. Add 3 quarts 1 cup of hot chicken stock to each pan of rice and cover with lid or foil. 4. **To Bake:** Conventional Oven 350°F, 50 minutes Convection Oven 350°F, 40 minutes Compartment Steamer 40 minutes

†Rehydrate onions in an equal amount of water. Do not drain.

*See Marketing Guide.

(over)

SERVING: ½-cup (No. 8 scoop)
provides 1 serving of grains/breads

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

Nutrients Per Serving

Calories	107	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	0 RE/0 IU	Sodium	20 mg
Total Fat	.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	5 oz	10 oz	.....

Rice-Vegetable Casserole

Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice Chicken stock	2 lb 3 oz	1 qt ¾ cup 2 qt 2 cups	4 lb 6 oz	2 qts 1½ cups 1 gal 1 qt	....	1. Put 2 lb 3 oz of rice and 2 qt 2 cups of chicken stock in a 12" x 20" x 2½" steam table pan. Cover with foil or a metal lid. Steam for 20 minutes.
Vegetable oil *Fresh carrots, diced *Fresh spinach, chopped Frozen peas Salt Pepper	..... 1 lb 2 oz 8 oz 10 oz	¼ cup 1 qt 1 qt 2 cups 2 cups 2 tsp ½ tsp	..... 2 lb 4 oz 1 lb 1 lb 4 oz	½ cup 2 qt 3 qt 1 qt 1 Tbsp 1 tsp 1 tsp	....	2. In a sauce pan, saute carrots, spinach, and peas in oil over low heat until spinach is wilted, about 5 minutes.
						3. Add 1 qt 1 cup (1 lb 14 oz) of cooked vegetables to each pan of hot rice. Stir to thoroughly combine before serving. 4. Each pan serves 50.

*See Marketing Guide.

(over)

SERVING: ⅛ cup (No. 10 scoop) provides ⅛ cup of vegetable and ⅛ cup of grains/breads

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

VOLUME: 50 servings: 1 gal 1 qt 2⅔ cups
100 servings: 2 gal 3 qt 1 cup

Nutrients Per Serving

Calories	96	Saturated Fat	.3 g	Iron	1.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	18 g	Vitamin A	277 RE/2757 IU	Sodium	404 mg
Total Fat	1.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Carrots	1 lb 10 oz	3 lb 4 oz	.....
Spinach	9 oz	1 lb 2 oz	.....

Royal Brownies

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		¾ cup		1½ cups		1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar	1 lb 10 oz	3¾ cups	3 lb 4 oz	1 qt 3½ cups		
Salt		1½ tsp		1 Tbsp		
Vanilla		1½ tsp		1 Tbsp		
Canned applesauce	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup		
Frozen egg whites, thawed OR Fresh large egg whites	12 oz	1½ cups	1 lb 8 oz	3 cups		2. Add egg whites and beat for 1 minute on medium speed. Scrape down the sides of the bowl.
		10 each		20 each		
All-purpose flour	15 oz	3½ cups	1 lb 14 oz	1 qt 3 cups		3. Beat together flour, cocoa, and baking powder.
Cocoa	6 oz	1½ cups 2 Tbsp	12 oz	3¼ cups		4. Add to wet ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick.
Baking powder		1 Tbsp		2 Tbsp		5. For 50 servings, spread 2 qt 1½ cups (5 lb 3 oz) of batter in one half-sheet pan (18" x 13" x 1"), which has been lightly greased. For 100 servings, spread 1 gal 3 cups (10 lb 6 oz) batter in one sheet pan (18" x 26" x 1"), which has been lightly greased.

(over)

SERVING: 1 piece YIELD: 50 servings: 5 lb
100 servings: 10 lb

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chopped walnuts (optional) ...	4 oz	1 cup	8 oz	2 cups	.....	5. Sprinkle nuts (optional) over batter. 6. **To Bake:** Conventional Oven 350°F, 20-30 minutes Convection Oven 300°F, 18-25 minutes Bake until set, but still moist in the center. 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).

Variations

Swiss Brownies

Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies.
50 servings: Decrease cocoa to 4 oz (1⅓ cups).
100 servings: Decrease cocoa to 8 oz (2⅔ cups).

Special Tip: Brownies may be iced with Brownie Icing (C-22) or sprinkled with powdered sugar.

Nutrients Per Serving

Calories	134	Saturated Fat	.8 g	Iron	.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25 g	Vitamin A	0 RE/4 IU	Sodium	112 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Brownie Icing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb	3½ cups	2 lb	1 qt 3 cups		1. Beat all ingredients on low speed for 5 minutes or until smooth.
Cocoa	3 oz	¾ cup	6 oz	1½ cups		
Margarine or butter	3 oz		6 oz			2. Recipe for 50 servings ices one half-sheet pan (18" x 13" x 1").
Lowfat milk		½ cup		1 cup		
Vanilla		2 Tbsp		¼ cup		

(over)

SERVING: 1 tbsp

YIELD: 50 servings: 1 lb 11⅞ oz
100 servings: 3 lb 7 oz

VOLUME: 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	54	Saturated Fat	.4 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	10 g	Vitamin A	18 RE/62 IU	Sodium	18 mg
Total Fat	1.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

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Gingerbread

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	14 oz	1¾ cups	1 lb 12 oz	3½ cups		1. Combine dry ingredients in mixer bowl using a paddle attachment. Blend on low speed for 1 minute.
All-purpose flour	2 lb 4 oz	1 qt 2¾ cups	4 lb 8 oz	3 qt 1½ cups		
Baking soda		2 Tbsp		¼ cup		
Salt		1½ tsp		1 Tbsp		
Ground cinnamon		1 Tbsp		2 Tbsp		
Ground cloves		1 tsp		2 tsp		
Ground ginger		1 tsp		2 tsp		
Vegetable oil		1¾ cups		3½ cups		2. Mix vegetable oil, egg whites, hot water, and molasses in a bowl with a wire whip for 2 minutes or until blended. Slowly add the oil mixture to dry ingredients on low speed and mix for 1 minute or until blended. Scrape down the sides of the bowl.
Frozen egg whites, thawed	12 oz	1½ cups	1 lb 8 oz	3 cups		
OR						
Fresh large egg whites		10 each		20 each		
Hot water		3¾ cups		1 qt 3½ cups		
Molasses		3½ cups		1 qt 3 cups		3. Pour 1 gallon (8 lb 12 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan. **To Bake:** Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes 4. Cut each cake 10x5 into 50 pieces.

(over)

SERVING: 1 piece

YIELD: 50 servings: 8 lb 2 oz
100 servings: 16 lb 4 oz

Special Tips: 1) To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.

2) Serve with Whipped Topping (C-19), powdered sugar, or Orange Glaze (C-24).

3) Cupcakes can be made for a special occasion. Using a No. 16 scoop (¼ cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 15 to 20 minutes. One gallon of batter makes approximately 50 cupcakes.

Nutrients Per Serving

Calories	238	Saturated Fat	1.2 g	Iron	2.1 mg
Protein	3 g	Cholesterol	0 mg	Calcium	53 mg
Carbohydrate	40 g	Vitamin A	0 RE/1 IU	Sodium	242 mg
Total Fat	7.9 g	Vitamin C	0 mg	Dietary Fiber	1 g

Orange Glaze

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups		1. Beat all ingredients on low speed for 5 minutes or until smooth.
Frozen orange juice concentrate, thawed		¼ cup		½ cup		2. Recipe for 50 servings ices one half-sheet pan (18" x 13" x 1").
Water		¼ cup		½ cup		
Orange rind, grated		1 Tbsp		2 Tbsp		

(over)

SERVING: 2 tsp

YIELD 50 servings: 1 lb 11½ oz
100 servings: 3 lb 7 oz

VOLUME 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	33	Saturated Fat	0 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	1 mg
Carbohydrate	8 g	Vitamin A	0 RE/4 IU	Sodium	0 mg
Total Fat	0 g	Vitamin C	2 mg	Dietary Fiber	0 g

New Oatmeal Raisin Cookies

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups		1. Beat the sugar and margarine or butter with a paddle attachment until smooth and creamy, about 5 minutes.
Margarine or butter	8 oz	1 cup	1 lb	2 cups		
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		2. Add eggs slowly and mix on medium speed for 1 minute.
OR						
Fresh large eggs		4 each		8 each		
Lowfat milk		½ cup		1 cup		3. Slowly add applesauce and milk. Mix for another minute on medium speed. Scrape sides of bowl.
Canned applesauce	8 oz	1 cup	1 lb	2 cups		
All-purpose flour	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		4. Add the flour, baking soda, cinnamon, nutmeg, and salt. Mix on low speed until blended, about 2 minutes.
Baking soda		1 tsp		2 tsp		
Salt		1 tsp		2 tsp		
Ground cinnamon		2 tsp		1 Tbsp 1 tsp		
Ground nutmeg		1 tsp		2 tsp		
Rolled oats	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt		5. Add oats and raisins and blend for 30 seconds on low speed. Scrape down sides of bowl.
Raisins	13 oz	2 cups	1 lb 10 oz	1 qt		6. Portion with level No. 30 scoop (2 Tbsp) in rows of 5 down and 4 across onto each greased (or lined with baker's paper) sheet pan (18" x 26" x 1").
						To Bake:
						Conventional Oven 350°F, 18-20 minutes
						Convection Oven 325°F, 10-12 minutes
						Bake until lightly browned.

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(over)

SERVING: 1 cookie

YIELD: 50 servings: 5 lb 14 oz
100 servings: 11 lb 12 oz

VOLUME: 50 servings: 3 qt (dough)
100 servings: 1 gal 2 qt (dough)

Special Tip: For a bar cookie, spread 3 qt (5 lb 14 oz) of dough in a greased half-sheet pan (18" x 13" x 1") and bake for 20 to 25 minutes in a 325°F convection oven. Cut 5x10 for 50 servings.

Nutrients Per Serving

Calories	186	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	19 mg	Calcium	18 mg
Carbohydrate	33 g	Vitamin A	56 RE/196 IU	Sodium	123 mg
Total Fat	5.0 g	Vitamin C	0 mg	Dietary Fiber	2 g

Peanut Butter Bars

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	4 oz	½ cup	8 oz	1 cup		1. Cream margarine or butter, brown sugar, peanut butter, and salt in a mixer with a paddle attachment for 10 minutes.
Brown sugar	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups		
Peanut butter	13 oz	1⅓ cups	1 lb 10 oz	2⅔ cups		
Salt		1 tsp		2 tsp		
Frozen egg whites, thawed		1¼ cups		2½ cups		2. Add egg whites, applesauce, and vanilla. Mix for 1 minute or until smooth. Scrape down the sides of the bowl.
OR						
Fresh large egg whites		5 each		10 each		
Canned applesauce	4 oz	½ cup	8 oz	1 cup		
Vanilla		1 Tbsp		2 Tbsp		
All-purpose flour	1 lb	3 cups	2 lb	1 qt 2 cups		3. Combine baking powder and flour. Add half of this to batter and mix. Add the other half and mix. Continue mixing for 1 minute or until smooth.
Baking powder		1 Tbsp		2 Tbsp		4. For 50 servings, spread 1½ qts (4 lb 2 oz) of batter in a lightly greased 18" x 13" x 1" half-sheet pan. For 100 servings, spread 3 qts (8 lb 4 oz) in one lightly greased 18" x 26" x 1" sheet pan.
						5. **To Bake:** Conventional Oven 350°F, 25 minutes Convection Oven 325°F, 20 minutes Bake until set and light brown.
						6. Cut 18" x 13" x 1" pan 5 x 10. Cut 18" x 26" x 1" pan 10 x 10.
						7. Frost with Peanut Butter Glaze (C-27).

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(over)

SERVING: 1 bar

YIELD: 50 servings: 3 lb 13 oz
100 servings: 7 lb 10 oz

Nutrients Per Serving

Calories	136	Saturated Fat	1.1 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	30 mg
Carbohydrate	19 g	Vitamin A	23 RE/76 IU	Sodium	145 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	1 g

Peanut Butter Glaze

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar Peanut butter	13 oz 4 oz	2 cups ½ cup	1 lb 10 oz 8 oz	1 qt 1 cup		1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for 5 minutes.
Corn syrup Lowfat milk	1½ oz	3 Tbsp ½ cup	3 oz	⅜ cup 1 cup		2. Add corn syrup and lowfat milk and mix until smooth. 3. Spread over slightly cooled peanut butter bars. 4. Use 1 lb 7 oz (3 cups) for each half-sheet pan (18" x 13" x 1").

(over)

SERVING: 1 Tbsp

YIELD: 50 servings: 1 lb 7 oz
100 servings: 2 lb 14 oz

VOLUME: 50 servings: 3 cups
100 servings: 1½ qt

Nutrients Per Serving

Calories	46	Saturated Fat	.3 g	Iron	0 mg
Protein	1 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	9 g	Vitamin A	1 RE/5 IU	Sodium	13 mg
Total Fat	1.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

New Spice Cake

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar Margarine or butter Vanilla	1 lb 12 oz 1 lb	3½ cups 2 cups 1 Tbsp	3 lb 8 oz 2 lb	1 qt 3 cups 1 qt 2 Tbsp		1. Using a paddle attachment, beat sugar, margarine or butter, and vanilla in a mixing bowl until smooth and creamy, about 5 minutes.
Frozen egg whites, thawed **OR** Fresh large egg whites	8 oz	1 cup 8 each	1 lb	2 cups 16 each		2. Add egg whites slowly. Mix for 1 minute or until blended.
All-purpose flour Baking soda Ground cinnamon Ground cloves Ground nutmeg Lowfat milk	1 lb 12 oz	1 qt 3 cups 1 Tbsp 1 tsp 1 Tbsp 1½ tsp 1 tsp 1 qt	3 lb 8 oz	3 qt 2 cups 2 Tbsp 2 tsp 2 Tbsp 1 Tbsp 2 tsp 2 qt		3. Mix flour, baking soda, and spices together. Add the flour mixture to the creamed mixture, alternately with the lowfat milk. Be careful not to overmix. 4. Pour 1 gallon (7 lb 4 oz) of batter into each 12" x 20" x 2½" lightly greased steam table pan. 5. **To Bake:** Conventional Oven 350°F, 25 to 30 minutes Convection Oven 325°F, 20 minutes When done, cake will spring back when lightly touched. 6. Cut 5x10 for 50 servings. 7. Frost with Spice Icing (C-29).

(over)

SERVING: 1 piece

YIELD: 50 servings: 7 lb
100 servings: 14 lb

Special Tip: This can also be baked in a sheet pan (18" x 26" x 1" for 1 gallon of batter). Bake in a conventional oven at 350°F for 15 to 20 minutes. Cut 5 x 10 for 50 servings.

Nutrients Per Serving

Calories	196	Saturated Fat	1.6 g	Iron	.8 mg
Protein	3 g	Cholesterol	1 mg	Calcium	32 mg
Carbohydrate	29 g	Vitamin A	102 RE/341 IU	Sodium	204 mg
Total Fat	7.7 g	Vitamin C	0 mg	Dietary Fiber	1 g

Spice Icing

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb	1 qt	2 lb	2 qt		1. Combine dry ingredients in a mixing bowl. Using a paddle attachment, mix for 1 minute at low speed.
Salt		1/2 tsp		1 tsp		
Nonfat dry milk	1 oz	2 Tbsp	2 oz	1/4 cup		
Ground cinnamon		1 tsp		2 tsp		
Ground nutmeg		1/8 tsp		1/4 tsp		
Ground ginger		1/8 tsp		1/4 tsp		
Margarine or butter	3 oz	3/8 cup	6 oz	3/4 cup		2. Add margarine or butter and mix for 5 minutes at low speed. Scrape down sides of bowl.
Water		1/4 cup		1/2 cup		3. Add water slowly and mix for 2 minutes at low speed. Scrape down sides of bowl.
Vanilla		1 1/2 tsp		1 Tbsp		4. Add vanilla and mix on medium speed for 5 minutes until light and fluffy.
						5. Use 2 cups (1 lb 4 oz) for each 12" x 20" x 2 1/2" steam table pan.

(over)

SERVING: 2 teaspoons

YIELD: 50 servings: 1 lb 4 oz
100 servings: 2 lb 8 oz

VOLUME: 50 servings: 2 cups
100 servings: 1 qt

Nutrients Per Serving

Calories	50	Saturated Fat	.3 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	9 g	Vitamin A	17 RE/57 IU	Sodium	42 mg
Total Fat	1.4 g	Vitamin C	0 mg	Dietary Fiber	0 g

Whole Wheat Sugar Cookies

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter Sugar	12 oz 1 lb 8 oz	1½ cups 3 cups	1 lb 8 oz 3 lb	3 cups 1 qt 2 cups		1. Cream margarine or butter and sugar in a mixer, using a paddle attachment on medium speed for 10 minutes.
Frozen whole eggs, thawed **OR** Fresh large eggs Vanilla Lowfat milk	6 oz 	¾ cup 3 each 1 Tbsp ⅜ cup	12 oz 	1½ cups 6 each 2 Tbsp ¾ cup		2. Add eggs, vanilla, and milk. Mix for 1 minute or until smooth. Scrape down sides of the bowl.
Whole wheat flour Baking powder Baking soda Salt Ground nutmeg Ground cinnamon	1 lb 13 oz 	1 qt 2 cups 1 Tbsp 1½ tsp 1½ tsp 1 tsp 1 tsp	3 lb 10 oz 	3 qt 2 Tbsp 1 Tbsp 1 Tbsp 2 tsp 2 tsp		3. Mix all dry ingredients. Add gradually to the creamed mixture. Mix for 1 minute or until well blended. Scrape down sides of the bowl.
Sugar Ground cinnamon	4 oz 	½ cup 2 tsp	8 oz 	1 cup 1 Tbsp 1 tsp		4. Portion with a No. 30 scoop (4x5) on lightly greased or paperlined 18" x 26" x 1" sheet pans. 5. Combine sugar and cinnamon in a salt shaker and sprinkle over cookies. 6. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.

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(over)

SERVING: 1 cookie

YIELD: 50 servings: 3 lb 15 oz
100 servings: 7 lb 14 oz

VOLUME: 50 servings: 1 qt ½ cup (dough)
100 servings: 2 qt ½ cup (dough)

Special Tip: For a lighter texture, substitute all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving

Calories	173	Saturated Fat	1.3 g	Iron	.8 mg
Protein	3 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28 g	Vitamin A	75 RE/251 IU	Sodium	207 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	2 g

Chocoleana Cake (Choc-o-LEAN-a)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	2 lb	1 qt	4 lb	2 qt		1. Blend sugar, flour, cocoa, dry milk, baking powder, baking soda, and salt for 2 minutes in a mixer, on low speed, using a paddle attachment.
All-purpose flour	1 lb 10 oz	1 qt 2½ cups	3 lb 4 oz	3 qt 1 cup		
Cocoa	5 oz	1⅓ cups	10 oz	2⅔ cups		
Nonfat dry milk	3 oz	1 cup	6 oz	2 cups		
Baking powder		2 Tbsp 1½ tsp		¼ cup 1 Tbsp		
Baking soda		1 Tbsp		2 Tbsp		
Salt		1½ tsp		1 Tbsp		
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup		2. In a large bowl using a wire whip, mix yogurt, applesauce, egg whites, vanilla, vegetable oil, and water until blended.
Canned unsweetened applesauce	1 lb	2 cups	2 lb	1 qt		
Frozen egg whites, thawed	1 lb	2 cups	2 lb	1 qt		3. Slowly add this liquid mixture to the dry ingredients in the mixer. Mix on low speed for 1 minute. Scrape down sides of bowl.
OR						
Fresh large egg whites		13 each		26 each		
Vanilla		1½ tsp		1 Tbsp		4. On medium speed, mix batter for 30 seconds, until smooth.
Vegetable oil		1 cup		2 cups		
Water		1 cup		2 cups		5. Pour 3 qt 1 cup (7 lb 2 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan.
						6. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 20 minutes When done, cake will spring back when lightly touched.
						7. Cut each cake (10 x 5) into 50 pieces.

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(over)

SERVING: 1 piece

YIELD: 50 servings: 6 lb 12 oz
100 servings: 13 lb 6 oz

Special Tips: 1) Cake may be lightly dusted with powdered sugar.

2) Cupcakes can be made for a special occasion. Using a No. 16 scoop (¼ cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 10 to 15 minutes. Three quarts 1 cup of batter makes approximately 50 cupcakes.

Nutrients Per Serving

Calories	186	Saturated Fat	.9 g	Iron	1.2 mg
Protein	4 g	Cholesterol	0 mg	Calcium	73 mg
Carbohydrate	33 g	Vitamin A	1 RE/5 IU	Sodium	245 mg
Total Fat	4.9 g	Vitamin C	0 mg	Dietary Fiber	1 g

Chocolate Glaze

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt		1. Measure sugar, salt, nonfat dry milk, and cocoa into a mixing bowl. Mix at low speed, using a paddle attachment, for 1 minute.
Salt		1/4 tsp		1/2 tsp		
Nonfat dry milk	1/2 oz	1/4 cup	1 oz	1/2 cup		
Cocoa	1 1/2 oz	1/4 cup 2 Tbsp	3 oz	3/4 cup		
Corn syrup	3 oz	1/4 cup	6 oz	1/2 cup		2. Add corn syrup and blend at low speed for 2 minutes.
Hot water		1/2 cup		1 cup		3. Add hot water (160°F) and blend on medium speed for 3 minutes.
Margarine or butter, melted	2 1/2 oz		5 oz			4. Add melted margarine and blend for 3 minutes.
Vanilla		2 tsp		1 Tbsp 1 tsp		5. Add vanilla and mix at low speed for 30 seconds or until well blended.
						6. Spread 3 cups over each sheet pan (18" x 26" x 1").

(over)

SERVING: 1 Tbsp

YIELD: 50 servings: 1 lb 14 oz
100 servings: 3 lb 12 oz

VOLUME: 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	60	Saturated Fat	.3 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	13 g	Vitamin A	14 RE/47 IU	Sodium	29 mg
Total Fat	1.3 g	Vitamin C	0 mg	Dietary Fiber	0 g

Orange Rice Pudding

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White long-grain rice Water	2 lb 	1 qt ½ cup 2 qt 1 cup	4 lb 	2 qt 1 cup 1 gal 2 cups	 	1. Place 2 lb of rice and 2 qt of water in each 12" x 20" x 2½" steam table pan. Cover with foil or a metal lid. **To Bake:** Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes Steamer 20 minutes, until tender 2. Set aside to cool for at least 1 hour.
Sugar Lowfat milk Orange rind, grated Ground cinnamon (optional) Vanilla Raisins (optional)	1 lb 6 oz	2 cups 2 qt ¼ cup 2 Tbsp ½ tsp 2 Tbsp 1 cup	2 lb 12 oz	1 qt 1 gal ¾ cup 1 tsp ¼ cup 2 cups	 	3. Mix sugar, milk, orange rind, cinnamon (optional), vanilla, and raisins (optional) in a mixing bowl. Pour 3 qt 2 cups (5 lb) of this mixture over each pan of cooled rice. Cover each pan with foil or metal lid. 4. **To Bake:** Conventional Oven 375°F, 55 minutes Convection Oven 350°F, 45 minutes Bake until set. 5. Refrigerate for 2-3 hours before serving. 6. Each pan serves 50.

(over)

SERVING: ½ cup (No. 12 scoop)

YIELD: 50 servings: 10 lb 4 oz
100 servings: 20 lb 8 oz

Special Tip: Rice may be cooked a day ahead.

Nutrients Per Serving

Calories	120	Saturated Fat	.3 g	Iron	.8 mg
Protein	3 g	Cholesterol	1.5 mg	Calcium	55 mg
Carbohydrate	26 g	Vitamin A	23 RE/83 IU	Sodium	22 mg
Total Fat	.5 g	Vitamin C	1 mg	Dietary Fiber	0 g

Baked Bananas

Fruit

Desserts C-34

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar	14 oz	2 cups	1 lb 12 oz	1 qt		1. Heat brown sugar, water, and honey in a saucepan over low heat until sugar is dissolved, about 5 minutes.
Water		1 cup		2 cups		
Honey	12 oz	1 cup	1 lb 8 oz	2 cups		
Small bananas, 150-portion pack-peeled		25 each		50 each		2. Cut bananas in half crosswise. Place 25 halves into each 12" x 20" x 2½" steam table pan. Pour ¾ cup of syrup over each pan of bananas. 3. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 10 minutes Bake until slightly browned. 4. Serve warm, with sauce.

(over)

SERVING: 1 piece (½ banana) provides ¼ cup of fruit

YIELD: 50 servings: 5 lb 10 oz
100 servings: 11 lb 4 oz

Special Tips: 1) Use bananas that are slightly green so they won't fall apart.

2) Baked bananas may be sliced and served over ice cream or pancakes.

Nutrients Per Serving

Calories	97	Saturated Fat	.1 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	25 g	Vitamin A	3 RE/35 IU	Sodium	4 mg
Total Fat	.2 g	Vitamin C	4 mg	Dietary Fiber	1 g

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	¼ cup 2 Tbsp	8 oz	1¼ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, ¼" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
†Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		½ cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

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*See Marketing Guide.

†If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(over)

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SERVING: 1 cup (2 No. 8 scoops) provides 2 ounces of meat and ¾ cup of vegetable

YIELD: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Variations

a. Beef Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 20 lb 8 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

Special Tips:

1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to saute chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Broccoli	6 lb 15 oz	13 lb 14 oz	
Carrots	8 lb 1 oz	16 lb 2 oz	
Onions	1 lb 7 oz	2 lb 14 oz	

Chicken Fajitas

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Marinade: Vegetable stock, non-MSG Cornstarch	 _____ _____	 2 cups ¼ cup	 _____ _____	 1 qt ½ cup	 _____ _____	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
Vegetable oil	_____	2 cups	_____	1 qt	_____	3. Add the oil to the cooled, thickened stock mixture.
White vinegar Sugar White pepper Garlic powder Chili powder Ground cumin Dried oregano leaves	_____ 12 oz _____ _____ _____ _____ _____	2 cups 1½ cups 1 Tbsp 1 tsp 1 Tbsp 1 tsp 2 Tbsp 1¼ tsp 2 tsp	_____ 1 lb 8 oz _____ _____ _____ _____ _____	1 qt 3 cups 2 Tbsp 2 tsp 2 Tbsp 2 tsp ¼ cup 2½ tsp 1 Tbsp 1 tsp	_____ _____ _____ _____ _____ _____ _____	4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Raw, boned, skinless chicken breasts, ½" slices	9 lb	_____	18 lb	_____	_____	5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken, reserving the marinade. 7. Preheat grill to 350° F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.

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(over)

SERVING: 1 fajita provides 2 ounces of cooked poultry, ⅛ cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 12 lb 4 oz (filling)
100 servings: 24 lb 8 oz (filling)

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned corn, drained	2 lb 4 oz	½ No. 10 can	4 lb 8 oz	1 No. 10 can		8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
OR						
Frozen corn	2 lb 4 oz		4 lb 8 oz			
*Onions, diced	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup		
*Fresh green peppers, diced	8 oz	1⅔ cups	1 lb	3⅓ cups		
Canned tomatoes, drained, chopped	1 lb	¼ No. 10 can	2 lb	½ No. 10 can		
Canned salsa	1 lb		2 lb			
Flour tortillas, 7-inch		50 each		100 each		9. For each serving, place ½ cup (3½ oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.

*See Marketing Guide.

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (1-15).

Nutrients Per Serving

Calories	306	Saturated Fat	1.5 g	Iron	2.3 mg
Protein	23 g	Cholesterol	47 mg	Calcium	68 mg
Carbohydrate	33 g	Vitamin A	29 RE/261 IU	Sodium	379 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	14 oz	1 lb 12 oz	
Green peppers	10 oz	1 lb 4 oz	

Chicken Tomato Bake

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni, uncooked	3 lb	2 qt 3¼ cups	6 lb	5 qts 2½ cups		1. Cook elbow macaroni in a stock pot or steam-jacketed kettle, until firm-tender, about 8 minutes.
Chicken, cooked, diced	3 lb 2 oz	3 qt	6 lb 4 oz	1 gal 2 qt		2. Combine the pasta, chicken, tomato paste, tomato sauce, cheddar cheese, marjoram, and salt in a large bowl. Mix well. 3. Place 13 lb 6 oz of this mixture into each 12" x 20" x 2½" steam table pan.
Tomato paste	12 oz	1⅓ cup	1 lb 8 oz	2¼ cups		
Tomato sauce	4 lb	1 qt 3¼ cups	8 lb	3 qt 2½ cups		
Water		2 cups		1 qt		
Lowfat cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt		
Dried marjoram		2 tsp		1 Tbsp 1 tsp		
Salt		2 tsp		1 Tbsp 1 tsp		
Dry bread crumbs	2 oz	½ cup	4 oz	1 cup		4. Top each pan with ½ cup of breadcrumbs. Cover with foil or lid. 5. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 30 minutes 6. Score each pan 5x10 with a spatula.

(over)

SERVING: 1 cup
provides 1 ounce of meat,
½ cup of vegetable,
and 1 serving of grains/breads

YIELD: 50 servings: 13 lb 3 oz
100 servings: 26 lb 6 oz

Special Tip: For a zestier flavor, substitute spaghetti sauce for the tomato sauce.

Nutrients Per Serving

Calories	176	Saturated Fat	.8 g	Iron	1.9 mg
Protein	13 g	Cholesterol	24 mg	Calcium	34 mg
Carbohydrate	25 g	Vitamin A	59 RE/547 IU	Sodium	368 mg
Total Fat	2.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

Chicken Tetrazzini

Meat • Vegetable • Grains/Breads

Main Dishes D-12

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 gal		6 gal		1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		2 tsp		1 Tbsp 1 tsp		
Spaghetti, broken in thirds	3 lb 1 oz		6 lb 2 oz			
Vegetable oil		¼ cup		½ cup		2. In a steam-jacketed kettle or large saucepan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Saute vegetables 5 minutes or until tender. Set aside.
Vegetable Mix:						
*Onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups		
*Fresh carrots, diced	1 lb	3 cups	2 lb	1 qt 2 cups		
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt		
*Fresh green peppers, diced	4 oz	1 cup	8 oz	2 cups		
OR						
Frozen mixed vegetables	2 lb 8 oz		5 lb			
*Fresh mushrooms, sliced	1 lb 4 oz	1¾ cups	2 lb 8 oz	3½ cups		
OR						
Canned sliced mushrooms, drained	10 oz	1⅔ cups	1 lb 4 oz	3⅓ cups		
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups		
Margarine or butter	8 oz	1 cup	1 lb	2 cups		3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 3 minutes.
All-purpose flour	8 oz	1½ cups	1 lb	3 cups		4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until mixture is thickened at 180°F. Add chicken stock, pepper, onion powder, and garlic, and simmer for 5 minutes.
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt		
Chicken stock		1 qt 2 cups		3 qt		
White pepper		1 tsp		2 tsp		
Onion powder		2 tsp		1 Tbsp 1 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		

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*See Marketing Guide.

(over)

SERVING: ½ cup
provides 2 ounces of meat,
½ cup of vegetable, and
1 serving of grains/breads

YIELD: 50 servings: 25 lb 13 oz
100 servings: 52 lb 10 oz

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, cooked, diced	6 lb 4 oz	1 gal 2 qt	12 lb 8 oz	3 gal	.....	5. In each 12" x 20" x 2½" steam table pan, combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. 6. Sprinkle ½ cup of Parmesan cheese on top of each pan. 7. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 350°F, 40 minutes Bake until golden brown. 8. Cut each pan 5x5.
Parmesan cheese, shredded	4 oz	1 cup	8 oz	2 cups	.....	

Special Tip: Roasted turkey can be easily substituted for chicken.

Nutrients Per Serving

Calories	301	Saturated Fat	2.8 g	Iron	2.1 mg
Protein	22 g	Cholesterol	51 mg	Calcium	112 mg
Carbohydrate	28 g	Vitamin A	319 RE/2613 IU	Sodium	400 mg
Total Fat	10.4 g	Vitamin C	4 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	5 oz	10 oz	.....
Onions	1 lb 3 oz	2 lb 5 oz	.....
Carrots	1 lb 7 oz	2 lb 14 oz	.....
Celery	10 oz	1 lb 4 oz	.....
Mushrooms	1 lb 4½ oz ...	2 lb 9 oz	.....

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Beef Shepherd's Pie

Meat • Vegetable

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef, no more than 24% fat	8 lb 12 oz	1 gal 3 cups	17 lb 8 oz	2 gal 1 qt 2 cups		1. Brown ground beef in a steam-jacketed kettle until no signs of pink remain. Drain fat and discard.
*Onions, diced	8 oz	2 cups	1 lb	1 qt		2. Add onions to ground beef and saute for 5 minutes or until translucent.
OR						
Dried onions	1 oz	¼ cup 1 Tbsp	2 oz	½ cup 2 Tbsp		
Frozen peas	2 lb 6 oz		4 lb 12 oz			3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
Frozen sliced carrots	2 lb 6 oz		4 lb 12 oz			
OR						
Frozen mixed vegetables	4 lb 12 oz		9 lb 8 oz			
Beef stock, low-sodium, non-MSG		2 qt		1 gal		4. Heat beef stock in a steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil.
Cornstarch	4 oz	¾ cup 2 Tbsp	8 oz	1¾ cups		
Cold water		1 cup		2 cups		
Thyme leaf		1 Tbsp		2 Tbsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		5. Add thyme, onion salt, black pepper, and salt to cornstarch gravy.
Ground black pepper		2 tsp		1 Tbsp 1 tsp		
Salt		2 tsp		1 Tbsp 1 tsp		6. Add gravy to ground beef mixture.
						7. Pour 3 qt 3 cups (7 lb 8 oz) of ground beef mixture into each 12" x 20" x 2½" steam table pan.

*See Marketing Guide.

(over)

SERVING: 1 piece
provides 2 ounces of meat and
¼ cup of vegetable

YIELD: 50 servings: 26 lb 6 oz
100 servings: 52 lb 12 oz

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Boiling water		1 gal 2 cups		2 gal 1 qt		8. Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute, until well blended.
Lowfat milk		1 qt 2 cups		3 qt		
Margarine or butter	6 oz	¾ cup	12 oz	1½ cups		
Potato flakes	2 lb		4 lb			
Salt		2½ tsp		1 Tbsp 2 tsp		
Paprika		1 tsp		2 tsp		9. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil. Sprinkle with paprika.
						10. **To Bake:** Conventional Oven 375°F, 45 minutes Convection Oven 350°F, 30 minutes Bake until thoroughly heated.
						11. Each pan serves 25.

Special Tip: A variety of frozen vegetables, such as corn, green and red peppers, and mushrooms may be used to increase the flavor combinations.

Nutrients Per Serving

Calories	319	Saturated Fat	5.5 g	Iron	2.3 mg
Protein	21 g	Cholesterol	57 mg	Calcium	67 mg
Carbohydrate	24 g	Vitamin A	505 RE/4709 IU	Sodium	437 mg
Total Fat	15.4 g	Vitamin C	19 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	9 oz	1 lb 2 oz	

Honey-Lemon Chicken

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 qt		2 qt		1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside.
Honey	1 lb 7 oz	2 cups	2 lb 14 oz	1 qt		
Lemon juice		1 cup		2 cups		
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Chicken thighs	14 lb 12 oz	50 ea	29 lb 8 oz	100 ea		2. Remove skin from thighs. Discard. Place 25 chicken thighs in each 12" x 20" x 2½" steam table pan. 3. **To Bake:** Conventional Oven 400°F, 20 minutes Convection Oven 375°F, 20 minutes 4. Drain fat and discard. 5. Pour 3½ cups of honey-lemon mixture over each pan of chicken thighs. 6. **Return To Bake:** Conventional Oven 350°F, 15 minutes Convection Oven 325°F, 15 minutes Bake until golden brown. 7. For glazed appearance, baste after 10 minutes.

(over)

SERVING: 1 piece
provides 2 ounces of cooked poultry

YIELD: 50 servings: 9 lb 3 oz
100 servings: 18 lb 6 oz

Special Tips: 1) To remove skins easily, use a paper towel to grasp skin.

2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in ½ cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180°F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.

3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

Nutrients Per Serving

Calories	122	Saturated Fat	1.7 g	Iron	.8 mg
Protein	15 g	Cholesterol	54 mg	Calcium	7 mg
Carbohydrate	1 g	Vitamin A	11 RE/37 IU	Sodium	62 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

Beef Taco Pie

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lean ground beef, no more than 24% fat	5 lb 14 oz		11 lb 12 oz			1. Brown the ground beef in a steam-jacketed kettle until no signs of pink juices remain.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups		2. Drain the fat from the ground beef and discard.
OR						
†Mexican Seasoning Mix	4 oz	¾ cup	8 oz	1½ cups		3. Sprinkle the taco seasoning mix over the drained beef.
Water		2½ cups		1 qt 1 cup		4. Add water and allow to simmer for 15 minutes.
Salsa	2 lb	3½ cups	4 lb	1 qt 3 cups		5. In a bowl, combine salsa, tomato paste, water, and taco seasoning mix.
Tomato paste	2 lb	1 qt	4 lb	2 qt		
Water		1 qt		2 qt		6. Cut tortillas in halves.
Taco seasoning mix	4 oz	¾ cup	8 oz	1½ cups		
OR						
†Mexican Seasoning Mix	3 oz	½ cup	6 oz	1 cup		
Flour tortillas, 8-inch		40 each		80 each		
Lowfat cheddar cheese, grated	2 lb	2 qt	4 lb	1 gal		

†Mexican Seasoning Mix (See G-1, Sauces, Gravies, and Seasoning Mixes. Add ¼ cup of sugar and 1 Tbsp salt per each quart of mix.)

(over)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						Assembly: 7. Coat or spray bottom of pan with vegetable oil. Into each 12" x 20" x 2½" steam table pan, lay 16 half-tortillas to form the bottom layer. (See diagram for placement.) 8. On top of the tortillas, distribute 1 lb 3 oz (3½ cups) of the meat mixture. Next, spread 2 cups (1 lb 3 oz) of the taco sauce over the meat mixture and sprinkle 1½ cups (6 oz) of the grated cheese over the taco sauce. 9. For the middle layer, lay 12 half-tortillas on top of the taco sauce. Repeat Step 8. For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups (1 lb 3 oz) of taco sauce on top. Sprinkle 1 cup (4 oz) of grated cheese evenly over the taco sauce. 10. **To Bake:** Conventional Oven 350°F, 30 minutes, covered Convection Oven 325°F, 20 minutes, covered Bake until thoroughly heated. 11. Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces.

(over)

SERVING: 1 piece
provides 2 ounces of meat, ½ cup of vegetable, and ½ serving of grams/breads

YIELD: 50 servings = 16 lb 12 oz
100 servings = 33 lb 10 oz

Variations

a. Taco Pie with Salad Topping

50 servings: Combine 1 lb diced tomatoes and 2 lb shredded lettuce to place on top of taco pie, 1 oz (¼ cup) per serving. A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

100 servings: Combine 2 lb diced tomatoes and 4 lb shredded lettuce to place on top of taco pie, 1 oz (¼ cup) per serving. A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

Note: The salad topping adds ¼-cup serving of vegetable.

b. Taco Pie with Beans

50 servings: Replace the lean ground beef with an equal weight of drained vegetarian beans. Complete the rest of the recipe as directed.

100 servings: Replace the lean ground beef with an equal weight of drained vegetarian beans. Complete the rest of the recipe as directed.

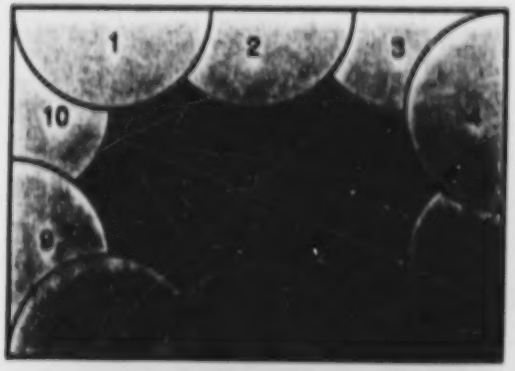
Nutrients Per Serving

Calories	311	Saturated Fat	4.0 g	Iron	4.2 mg
Protein	20 g	Cholesterol	42 mg	Calcium	161 mg
Carbohydrate	31 g	Vitamin A	166 RE/1585 IU	Sodium	462 mg
Total Fat	11.9 g	Vitamin C	10 mg	Dietary Fiber	4 g

Bottom Layer

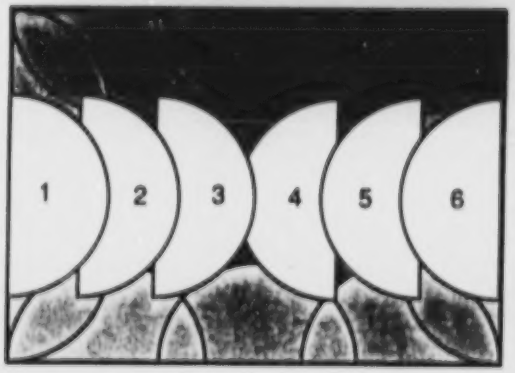
Step 1

Place 10 half-tortilla shells up against the edge of the pan.



Step 2

Place six half-tortilla shells down the middle of pan.



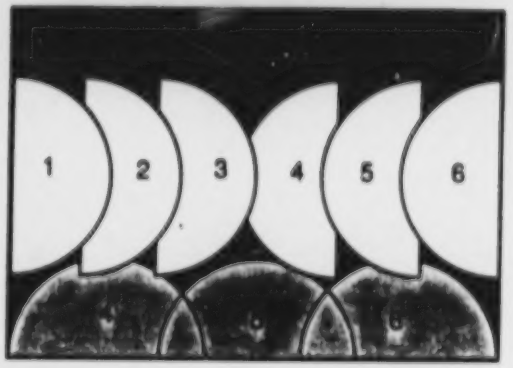
Middle and Top Layers

Step 1

Place six half-tortilla shells around outside of the pan.

Step 2

Place six half-tortilla shells down the center of the pan.



Baked Cajun Fish

Meat

Main Dishes D-46

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Paprika		2 tsp		1 Tbsp 1 tsp		1. Mix seasonings in a small bowl. Place in a spice shaker.
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Red pepper		¾ tsp		1½ tsp		
Black pepper		¾ tsp		1½ tsp		
White pepper		¾ tsp		1½ tsp		
Ground oregano		1 tsp		2 tsp		
Ground thyme		1 tsp		2 tsp		
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each		2. Place 25 fish portions into each ungreased 12" x 20" x 2½" steam table pan.
Margarine or butter, melted	6 oz	¾ cup	12 oz	1½ cups		3. Sprinkle ¼ cup of lemon juice and 3 Tbsp 1 tsp of seasoning mix over the top of each pan.
Lemon juice		½ cup		1 cup		4. Drizzle ⅜ cup of melted margarine over the seasonings.
						5. **To Bake:** Conventional Oven 350°F, 20 minutes Convection Oven 350°F, 15 minutes Until fish flakes easily with a fork.

(over)

SERVING: 1 portion
provides 2 ounces of cooked fish

YIELD: 50 servings: 7 lb 14 oz
100 servings: 15 lb 12 oz

Special Tips: 1) For best results, batch-cook fish throughout the meal.

2) Boneless, skinless chicken breasts or thighs may be substituted for the fish.

Nutrients Per Serving

Calories	141	Saturated Fat	1.3 g	Iron	.4 mg
Protein	16 g	Cholesterol	51 mg	Calcium	25 mg
Carbohydrate	0 g	Vitamin A	69 RE/275 IU	Sodium	136 mg
Total Fat	7.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Baked Fish Scandia

Meat

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt		1. In a bowl, mix bread crumbs, lemon juice, onion salt, white pepper, hot pepper sauce, and parsley.
Lemon juice		½ cup		1 cup		
Onion salt		2 tsp		1 Tbsp 1 tsp		
White pepper		½ tsp		1 tsp		
Hot pepper sauce		½ tsp		1 tsp		
Dried parsley		¼ cup		½ cup		
Vegetable oil		¼ cup		½ cup		2. Oil each 12" x 20" x 2½" steam table pan with 2 Tbsp oil.
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each		3. Place 25 portions into each oiled steam table pan.
Plain lowfat yogurt	1 lb 10 oz	3¼ cups	3 lb 4 oz	1 qt 2½ cups		4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt.
Lowfat cheddar cheese, grated	6 oz	1½ cups	12 oz	3 cups		5. Sprinkle 3 oz of cheese, per pan, on top of lowfat yogurt. 6. Sprinkle 1 Tbsp of crumb mixture on top of each portion. 7. **To Bake:** Conventional Oven 400°F, 25 minutes Convection Oven 350°F, 25 minutes Until fish flakes easily with a fork.

(over)

SERVING: 1 portion
provides 2 ounces of cooked fish

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

Nutrients Per Serving

Calories	159	Saturated Fat	1.3 g	Iron	.7 mg
Protein	19 g	Cholesterol	53 mg	Calcium	75 mg
Carbohydrate	5 g	Vitamin A	35 RE/135 IU	Sodium	176 mg
Total Fat	6.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Arroz con Queso (Rice with Cheese)

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Long-grain white rice	2 lb 4 oz	1 qt 1 cup	4 lb 8 oz	2 qt 2 cups		1. Cook rice in stockpot or steam-jacketed kettle, covered, for 12 minutes or until tender.
Water		2 qt 1 cup		1 gal 2 cups		
*Onions, chopped	1 lb 8 oz	2 qt 2 cups	3 lb	1 gal 1 qt		
OR						
†Dried onions	3 oz	1 cup	6 oz	2 cups		
*Canned mild green chiles, drained, chopped	12 oz	1½ cups	1 lb 8 oz	3 cups		2. Combine all ingredients and add to rice. Spread 1 gal 1 qt (11 lb) in each 12" x 20" x 2½" steam table pan.
*Canned jalapeno peppers, drained, chopped	4 oz	1 cup	8 oz	2 cups		**To Bake:**
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp		Conventional Oven: 350°F, 35 minutes
Lowfat plain yogurt	3 lb	1 qt 2 cups	6 lb	3 qt		Convection Oven: 325°F, 30 minutes
Lowfat milk		1 qt 1 cup		2 qt 2 cups		Bake until thoroughly heated.
Salt		2 tsp		1 Tbsp 1 tsp		
Monterey Jack cheese, shredded	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt		
Lowfat cheddar cheese, shredded	1 lb 8 oz	1 qt 2½ cups	3 lb	3 qt 1 cup		
Canned pinto beans, drained	4 lb		8 lb			
*Fresh tomatoes, finely chopped	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt		3. Sprinkle 3 cups (12 oz) of chopped tomatoes and 3¼ cups (12 oz) of cheddar cheese over top and bake for 5 minutes, until cheese is melted.
Cheddar cheese, shredded	1 lb 8 oz	1 qt 2½ cups	3 lb	3 qt 1 cup		4. Cut each pan 5x5 (25 portions per pan).

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*See Marketing Guide.

†When using dried vegetables, add an equal amount of water. Do not drain before using.

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(over)

SERVING: ½ cup (No. 8 scoop)
provides the equivalent of 1½ ounces of meat alternate, ¼ cup of vegetable, and ½ serving of grains/breads;
or
provides the equivalent of 1 oz of cheese; ¼ cup of vegetable, and ½ serving of grains/breads

YIELD: 50 servings: 25 lb 9 oz
100 servings: 47 lb 2 oz

VOLUME: 50 servings: 1 gal 2 qt 1 cup
100 servings: 3 gal 2 cups

Nutrients Per Serving

Calories	291	Saturated Fat	7.4 g	Iron	2.0 mg
Protein	17 g	Cholesterol	36 mg	Calcium	399 mg
Carbohydrate	28 g	Vitamin A	120 RE/582 IU	Sodium	659 mg
Total Fat	12.0 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	1 lb 11 oz	3 lb 7 oz	.....
Tomatoes	1 lb 9 oz	3 lb 1 oz	.....

Vegetable Chili

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/4 cup		1/2 cup		1. Heat the oil in a steam-jacketed kettle.
*Onions, chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		2. Add the chopped onions and saute 3 minutes, until translucent.
OR						
†Dehydrated onions	3 1/2 oz	1 cup	7 oz	2 cups		3. Add the chopped green peppers and saute 2 minutes, until tender.
*Fresh green peppers, chopped	9 oz	2 cups	1 lb 2 oz	1 qt		
OR						
†Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup		
Chili powder	3 oz	3/4 cup	6 oz	1 1/2 cups		4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin	1 oz	1/4 cup	2 oz	1/3 cup		
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Red hot sauce (optional)		1/4 cup		1/3 cup		
Brown sugar	4 oz	1/2 cup	8 oz	1 cup		
Canned crushed tomatoes	6 lb 11 oz	1 No. 10 can	13 lb 6 oz	2 No. 10 cans		
Canned diced tomatoes, drained	1 lb	2 1/2 cups	2 lb	1 qt 1 cup		
Canned kidney beans, drained	8 lb 1 oz	3 qt 1/2 cup	16 lb 2 oz	1 gal 2 qt 1 cup		5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	1 lb	3 cups	2 lb	1 qt 2 cups		6. Add yogurt and stir to blend.
Water		1 qt		2 qt		7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt		
Lowfat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 qt 1 cup		

*See Marketing Guide.

†When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

(over)

Vegetable Lasagna

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles	2 lb 13 oz	45 each	5 lb 10 oz	90 each		1. Cook lasagna noodles in a stockpot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. Hold in cold water.
Vegetable oil		¼ cup		½ cup		2. In a pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	2½ cups	2 lb	1 qt 1 cup		
*Fresh mushrooms, sliced	12 oz	1 qt 1 cup	1 lb 8 oz	2 qt 2 cups		
OR						
Canned mushrooms, sliced, drained	8 oz	1 cup	1 lb	2 cups		
*Onions, chopped	9 oz	1½ cups	1 lb 2 oz	3 cups		
All-purpose flour	2 oz	½ cup	4 oz	1 cup		
Frozen broccoli pieces	2 lb 8 oz	3 qt	5 lb	1 gal 2 qt		3. Place broccoli in a 12" x 20" x 2½" steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce	8 lb 1 oz	1 No. 10 can + 3 cups	16 lb 2 oz	2 No. 10 cans + 1 qt 2 cups		4. In a steam kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste	2 lb	3½ cups	4 lb	1 qt 3 cups		
Dried oregano leaves		¼ cup 2 Tbsp		¾ cup		
Garlic powder		1¾ tsp		1 Tbsp ½ tsp		5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.

*See Marketing Guide.

(over)

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal		6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well.
Dried parsley		1/4 cup		1/2 cup		
Garlic salt		2 tsp		1 Tbsp 1 tsp		7. Combine Parmesan cheese and mozzarella cheese.
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt		
Parmesan cheese, grated	2 oz	1/2 cup	4 oz	1 cup		8. Spread 1 cup of vegetable sauce on the bottom of each 12" x 20" x 2 1/2" steam table pan to prevent sticking.
Lowfat mozzarella cheese, grated	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups		
						Assembly *First Layer:* a. 7 1/2 lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2 1/4 cups Parmesan-mozzarella cheese mixture *Second Layer:* Repeat first layer. *Third Layer:* e. 7 1/2 lasagna noodles f. 2 1/2 cups vegetable sauce

(over)

SERVING: 1 piece provides 2 ounces of cheese, ⅞ cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 2 lb 12 oz
100 servings: 5 lb 8 oz

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Grated Parmesan cheese	4 oz	1 cup	8 oz	2 cups	.....	9. Sprinkle ½ cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. **To Bake:** Conventional Oven 375°F, 50 minutes Convection Oven 350°F, 40 minutes Bake until bubbling. 10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5x5 (25 portions per pan).

Nutrients Per Serving

Calories	268	Saturated Fat	3.3 g	Iron	2.8 mg
Protein	21 g	Cholesterol	15 mg	Calcium	264 mg
Carbohydrate	32 g	Vitamin A	213 RE/1823 IU	Sodium	1017 mg
Total Fat	6.8 g	Vitamin C	29 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Zucchini	1 lb 1 oz	2 lb 2 oz	.....
Mushrooms	12 oz	1 lb 8 oz	.....
Onions	10 oz	1 lb 4 oz	.....

New Macaroni and Cheese

Meat Alternate • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt		1. Cook macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter	12 oz	1½ cups	1 lb 8 oz	3 cups		2. Melt margarine or butter in a stock pot or steam-jacketed kettle.
All-purpose flour	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup		
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp		3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Dry mustard		1 Tbsp		2 Tbsp		
White pepper		1 tsp		2 tsp		
Paprika		1 Tbsp		2 Tbsp		
Lowfat milk or reconstituted nonfat dry milk		1 gal 1 qt		2 gal 2 qt		4. Heat milk in a stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		2 tsp		1 Tbsp 1 tsp		5. Add Worcestershire sauce, shredded cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Lowfat cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt		
Parmesan cheese, grated	4 oz	1 cup	8 oz	2 cups		6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each 12" x 20" x 2½" steam table pan. Cover with a lid or foil.

(over)

SERVING: 1 cup
provides 1 ounce of cheese and 1 serving of grains/breads

YIELD: 50 servings: 21 lb 12 oz
100 servings: 43 lb 8 oz

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Soft bread crumbs	6 oz	2 cups	12 oz	1 qt		**To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 25 minutes Until thoroughly heated. 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 8. Bake an additional 5 minutes, uncovered, until lightly browned. 9. Each pan serves 25.
Lowfat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt		

Special Tip: 1) Macaroni and cheese may also be combined in the steam table pan. Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2½" steam table pan. Stir to combine, then proceed with Step 6.

2) Fresh sliced tomatoes (½ ounce/portion) make an excellent garnish.

Nutrients Per Serving

Calories	277	Saturated Fat	3.7 g	Iron	1.6 mg
Protein	16 g	Cholesterol	12 mg	Calcium	296 mg
Carbohydrate	30 g	Vitamin A	158 RE/599 IU	Sodium	604 mg
Total Fat	10.1 g	Vitamin C	1 mg	Dietary Fiber	1 g

Broccoli Salad

Vegetable/Fruit

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh broccoli	6 lb 12 oz	2 gal 2 qt	13 lb 8 oz	5 gal		1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise Sugar White vinegar Lowfat milk	2 lb 1 lb 	1 qt 2 cups ¼ cup ¼ cup	4 lb 2 lb 	2 qt 1 qt ½ cup ½ cup		2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Raisins Walnuts, chopped (optional) Red onions, sliced (optional)	2 lb 6 oz 1 lb 6 oz	1 qt 3½ cups 3¾ cups 1 cup	4 lb 12 oz 2 lb 12 oz	3 qt 3 cups 1 qt 3½ cups 2 cups		3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
						4. Chill before serving. (For best results, chill for at least 2 hours before serving.)

(over)

SERVING: ½ cup (No. 8 scoop)
provides ½ cup of vegetable and fruit

YIELD: 50 servings: 11 lb 3 oz
100 servings: 22 lb 6 oz

VOLUME: 50 servings: 2½ gallons
100 servings: 5 gallons

Nutrients Per Serving

Calories	156	Saturated Fat	.7 g	Iron	.9 mg
Protein	2 g	Cholesterol	4 mg	Calcium	36 mg
Carbohydrate	32 g	Vitamin A	78 RE/774 IU	Sodium	107 mg
Total Fat	3.8 g	Vitamin C	47 mg	Dietary Fiber	2 g

Clear Dressing

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable stock, non-MSG Cornstarch		1⅔ cups 3 Tbsp 1 tsp		3⅓ cups ¼ cup 2 Tbsp 2 tsp		1. Dissolve cornstarch in vegetable stock in pot. 2. Bring to a boil. 3. Remove from heat and allow to cool.
Vegetable oil		1⅔ cups		3⅓ cups		4. Use a wire whip to stir mixture, while adding oil slowly.
White vinegar Sugar White pepper Garlic powder	 10 oz 	1⅔ cups 1¼ cups 2 tsp 2 tsp	 1 lb 4 oz 	3⅓ cups 2½ cups 1 Tbsp 1 tsp 1 Tbsp 1 tsp	 	5. Add white vinegar, sugar, white pepper, and garlic powder and stir to blend.
						6. Chill. Stir or shake well before serving.

(over)

SERVING: 2 tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 3 oz
100 servings: 6 lb 6 oz

VOLUME: 50 servings: 1 qt 2⅔ cups
100 servings: 3 qt 1 cup

Special Tips: 1) Add imitation bacon bits and serve dressing hot over spinach or lettuce.

2) This works well as a marinade for steamed or canned vegetables.

3) This dressing may be used as a substitute for coleslaw dressing.

Nutrients Per Serving

Calories	90	Saturated Fat	1.1 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	1 mg
Carbohydrate	7 g	Vitamin A	0 RE/1 IU	Sodium	4 mg
Total Fat	7.3 g	Vitamin C	0 mg	Dietary Fiber	0 g

Ranch Dressing

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk Lemon juice	 	3¼ cups 1 Tbsp 1 tsp	 	1 qt 2½ cups 2 Tbsp 2 tsp	 	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt Sour cream	10 oz 4 oz	1¼ cups ½ cup	1 lb 4 oz 8 oz	2½ cups 1 cup	 	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise Onion powder Garlic powder White pepper Dried chives Dried parsley Salt	13 oz 	1⅔ cups 2 Tbsp 2 Tbsp ½ tsp 1 tsp 1 Tbsp 2 tsp	1 lb 10 oz 	3⅓ cups 4 Tbsp 4 Tbsp 1 tsp 2 tsp 2 Tbsp 1 Tbsp 1 tsp	 	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

(over)

SERVING: 2 Tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz

VOLUME: 50 servings: 1 qt 2⅔ cups
100 servings: 3 qt ⅓ cup

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Nutrients Per Serving

Calories	34	Saturated Fat	.7 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	33 mg
Carbohydrate	3 g	Vitamin A	8 RE/39 IU	Sodium	152 mg
Total Fat	2.1 g	Vitamin C	1 mg	Dietary Fiber	0 g

Honey Dressing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat plain yogurt	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups		1. Combine all ingredients in a mixing bowl. Using a paddle attachment, mix on low speed for 3 to 5 minutes.
Honey	1 lb	1⅓ cups	2 lb	2⅔ cups		
Paprika		1 tsp		2 tsp		
Orange juice		½ cup		1 cup		
Yellow prepared mustard	2 oz	¼ cup	4 oz	½ cup		
						2. For best results, chill at least 12 hours prior to serving.

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 3 lb 2 oz
100 servings: 6 lb 4 oz

VOLUME: 50 servings: 1 qt 2⅔ cups
100 servings: 3 qt ⅔ cup

Special Tip: This makes a tasty dipping sauce for chicken or fish nuggets.

Nutrients Per Serving

Calories	40	Saturated Fat	.2 g	Iron	.1 mg
Protein	1 g	Cholesterol	1 mg	Calcium	31 mg
Carbohydrate	9 g	Vitamin A	6 RE/40 IU	Sodium	26 mg
Total Fat	.3 g	Vitamin C	1 mg	Dietary Fiber	0 g

Marinated Black Bean Salad

Vegetable or Meat Alternate • Vegetable

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned black beans, drained	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt		1. Combine black beans, corn, peppers, and onions in a large bowl.
Frozen corn, thawed	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups		
*Green pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		
*Red pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		
*Fresh onions, minced	4 oz	¾ cup	8 oz	1½ cups		
Lemon juice		½ cup		1 cup		2. For dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil.
Dried parsley		2 Tbsp		¼ cup		
Ground cumin		1 Tbsp		2 Tbsp		
Garlic powder		2 tsp		1 Tbsp 1 tsp		3. Pour dressing over salad and toss lightly to combine.
Salsa	1 lb 12 oz	3¼ cups	3 lb 8 oz	1 qt 2½ cups		
Vegetable oil		¼ cup		½ cup		4. Chill 2 hours before serving.
Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt		5. Sprinkle Monterey Jack cheese (optional) on top before serving.

*See Marketing Guide.

(over)

SERVING: ½ cup (No. 8 scoop)
provides ⅛ cup of vegetable
or
⅛ cup meat alternate and ⅛ cup vegetable

YIELD: 50 servings: 11 lb 14 oz
100 servings: 23 lb 12 oz

VOLUME: 50 servings: 1½ gal
100 servings: 3 gal

Special Tips: 1) This salad is a colorful accompaniment for Tacos (D-13).

2) Black beans can be rinsed to brighten their color.

Nutrients Per Serving

Calories	159	Saturated Fat	.3 g	Iron	1.4 mg
Protein	5 g	Cholesterol	0 mg	Calcium	30 mg
Carbohydrate	17 g	Vitamin A	62 RE/620 IU	Sodium	212 mg
Total Fat	1.7 g	Vitamin C	24 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	15 oz	1 lb 14 oz	.....
Red peppers	15 oz	1 lb 14 oz	.....
Onions	5 oz	10 oz	.....

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New Italian Dressing

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or vegetable stock		1½ cups		3 cups		1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch. 2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened. 3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced	1 oz	¼ cup	2 oz	½ cup		
Onions, minced	1 oz	¼ cup	2 oz	½ cup		
Celery leaf, minced (optional)		¼ cup		½ cup		
Cornstarch	½ oz	1 Tbsp	1 oz	2 Tbsp		
Sugar		1 Tbsp		2 Tbsp		4. Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar to the thickened stock mixture using a wire whip.
White pepper		½ tsp		1 tsp		
Dried parsley		1 Tbsp		2 Tbsp		
Dried oregano leaves		½ tsp		1 tsp		
Dried basil leaves		1½ tsp		1 Tbsp		
Garlic powder		1 Tbsp		2 Tbsp		
Cider vinegar		¾ cup		1⅓ cups		
Vegetable oil		1½ cups		3 cups		5. Still using the wire whip, slowly add oil to dressing mixture. 6. For best results, refrigerate overnight to thicken and develop flavors.

*See Marketing Guide.

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 1 lb 15 oz
100 servings: 3 lb 14 oz

VOLUME: 50 servings: 3 ¼ cups
100 servings: 1 qt 3½ cups

Special Tip: Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Nutrients Per Serving

Calories	62	Saturated Fat	1.0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1 g	Vitamin A	15 RE/152 IU	Sodium	45 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Carrots	1 oz	3 oz	.....

Tabouleh (tah-BUHL-lee)

Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
No. 3 Bulgur	2 lb	1 qt 2 cups	4 lb	3 qt		1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
Water		1 qt 2 cups		3 qt		
*Fresh tomatoes, unpeeled, diced	4 lb	2 qt	8 lb	1 gal		2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh cucumbers, peeled, seeded, diced	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt		
*Fresh parsley, chopped	3 oz	3 cups	6 oz	1 qt 2 cups		
*Onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt		
Fresh mint, chopped		1/4 cup		1/2 cup		
OR						
Dried mint		1 tsp		2 tsp		
Cumin (optional)		1/2 tsp		1 tsp		
Salt		2 Tbsp		1/4 cup		3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
Lemon juice		1 1/3 cups		2 2/3 cups		4. Add dressing to salad and toss to combine all ingredients.
Vegetable oil		1/2 cup		1 cup		5. Can be served either chilled or at room temperature.

*See Marketing Guide.

(over)

SERVING: ½ cup
provides ⅛ cup of vegetable
and ⅛ serving of grains/breads

YIELD: 50 servings: 12 lb 5 oz
100 servings: 24 lb 10 oz

VOLUME: 50 servings: 1½ gal
100 servings: 3 gal

Special Tip: For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Nutrients Per Serving

Calories	96	Saturated Fat	.4 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	33 RE/334 IU	Sodium	289 mg
Total Fat	2.6 g	Vitamin C	12 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Tomatoes	4 lb 1 oz	8 lb 2 oz	
Cucumbers	4 lb 4 oz	8 lb 8 oz	
Parsley	3½ oz	7 oz	
Onions	13½ oz	1 lb 11 oz	

Gyro (YEER-o)

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pita bread, 6½" diameter, 2 oz each		25 each		50 each		1. Cut pita bread in half crosswise.
Precooked, sliced gyro meat	6 lb 4 oz		12 lb 8 oz			2. Place 2 oz of gyro meat inside each half of the pita. 3. Place 15 filled pita halves flat side down, in each 12" x 20" x 2½" steam table pan. Cover with lid or foil to prevent drying. **To Bake:** Conventional Oven 350°F, 3-5 minutes Convection Oven 325°F, 3-5 minutes Steamer, 3-5 minutes
*Tomatoes, sliced	3 lb 2 oz		6 lb 4 oz			4. Serve each pita sandwich with diced or sliced tomatoes (1 oz), 2 Tbsp (½ oz) diced onions, and 2 Tbsp (1 oz) of Cucumber Sauce (G-13).
*Onions, diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups		
Cucumber Sauce (G-13)	3 lb 2 oz	1 qt 2¼ cups	6 lb 4 oz	3 qt ½ cup		

*See Marketing Guide.

(over)

SERVING: half-pita, with onions, tomatoes, and Cucumber Sauce (G-13) provides 2 oz of meat, ⅛ cup of vegetable, and 1 serving of grains/breads
– or –
half-pita, with onions, and tomatoes (no Cucumber Sauce) provides 2 oz of meat, ⅛ cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 50 half pitas
100 servings: 100 half pitas

Special Tips: 1) Chicken gyro meat will provide variety; so will whole-wheat pita bread.

2) For best results, heat meat (covered) in a steamer to retain moisture.

Nutrients Per Serving

Calories	286	Saturated Fat	5.1 g	Iron	2.5 mg
Protein	18 g	Cholesterol	52 mg	Calcium	56 mg
Carbohydrate	21 g	Vitamin A	20 RE/195 IU	Sodium	240 mg
Total Fat	13.7 g	Vitamin C	7 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Tomatoes	3 lb 3 oz	6 lb 6 oz	.....
Onions	1 lb 13 oz	3 lb 10 oz	.....

Spiced Apple Topping

Fruit

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter Honey	2 oz 1 lb 8 oz	¼ cup 3 cups	4 oz 3 lb	½ cup 1 qt 2 cups		1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Apple juice Cornstarch Ground cinnamon Ground nutmeg		1 qt 1½ cups ½ cup 1 Tbsp 1½ tsp		2 qt 3 cups 1 cup 2 Tbsp 1 Tbsp		2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. 3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
Vanilla Canned, unsweetened, sliced apples	 4 lb 2 oz	2 tsp 2 qt	 8 lb 4 oz	1 Tbsp 1 tsp 1 gal		4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor. 5. Serve over waffles, pancakes, or ice cream.

(over)

SERVING: ⅓ cup (No. 16 scoop) provides ⅓ cup of fruit

YIELD: 50 servings: 8 lb 6 oz
100 servings: 16 lb 12 oz

VOLUME: 50 servings: 1 gal
100 servings: 2 gal

Special Tip: For each 50 servings, add 1 cup of raisins with the apples for a flavorful topping.

Nutrients Per Serving

Calories	88	Saturated Fat	.2 g	Iron	.3 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	21 g	Vitamin A	13 RE/54 IU	Sodium	13 mg
Total Fat	1.1 g	Vitamin C	0 mg	Dietary Fiber	1 g

Honey Barbecue Sauce

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dried onions		2 Tbsp		1/4 cup		1. Reconstitute onions in an equal amount of hot water. Do not drain.
Hot water		2 Tbsp		1/4 cup		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Saute onions until lightly browned, about 5 minutes.
Honey	2 lb	1 qt	4 lb	2 qt		3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes.
White pepper		1 Tbsp		2 Tbsp		
Paprika		2 Tbsp		1/4 cup		4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Prepared yellow mustard		1 Tbsp		2 Tbsp		
Worcestershire sauce		2 Tbsp		1/4 cup		
Catsup		3 cups		1 qt 2 cups		
Granulated garlic		1 tsp		2 tsp		
White vinegar		1/2 cup		1 cup		
Tomato paste	8 oz	1 cup	1 lb	2 cups		

(over)

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SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 4 lb 6 oz
100 servings: 8 lb 12 oz

VOLUME: 50 servings: 1 qt 2 ½ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	104	Saturated Fat	.6 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	96 RE/735 IU	Sodium	241 mg
Total Fat	2.9 g	Vitamin C	5 mg	Dietary Fiber	1 g

Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices and sesame oil (optional) to this mixture.
Cornstarch	4 oz	¾ cup 2 Tbsp	8 oz	1¾ cups		
Ground ginger		½ tsp		1 tsp		
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Sesame oil (optional)		¼ cup		½ cup		
Low-sodium beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal		2. Heat beef, chicken, or vegetable stock in pot to the boiling point. 3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat.

(over)

SERVING: 1 Tbsp

YIELD: 50 servings: 3 lb 7 1/2 oz
100 servings: 6 lb 12 oz

VOLUME: 50 servings: 2 qt 1 1/2 cups
100 servings: 1 gal 3 cups

Special Tips: 1) This sauce can be made 1 to 2 days in advance.

2) Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

Nutrients Per Serving

Calories	16	Saturated Fat	.1 g	Iron	.1 mg
Protein	1 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	3 g	Vitamin A	0 RE/1 IU	Sodium	388 mg
Total Fat	.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Teriyaki Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar	4 oz	½ cup	8 oz	1 cup		1. Mix all dry ingredients in a bowl.
Garlic powder		2½ tsp		1 Tbsp 2 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Ground ginger	1 oz	1½ tsp	2 oz	1 Tbsp		
Worcestershire sauce		2 Tbsp		¼ cup		2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.
Catsup	2 lb 8 oz	1 qt	5 lb	2 qt		3. Cover and place in refrigerator overnight to develop flavors.
Cider vinegar		½ cup		1 cup		4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Low-sodium soy sauce		1 cup		2 cups		

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 3 lb 12 oz
100 servings: 7 lb 8 oz

VOLUME: 50 servings: 1 qt 2 ½ cups
100 servings: 3 qt 1 cup

Nutrients Per Serving

Calories	37	Saturated Fat	0 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	22 RE/223 IU	Sodium	497 mg
Total Fat	.1 g	Vitamin C	3 mg	Dietary Fiber	0 g

Cucumber Sauce

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz			1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
*Onions, minced	2 oz	¼ cup	4 oz	½ cup		2. In a separate bowl, mix together the rest of the ingredients.
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups		
White vinegar		2 Tbsp 1 tsp		¼ cup 2 tsp		
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt		
Parsley flakes		2 Tbsp		¼ cup		
Salt		¼ tsp		½ tsp		
White pepper		¼ tsp		½ tsp		
						3. Fold cucumbers into mixture. 4. Chill at least 2 hours before serving. 5. Serve with Gyro Sandwich (F-9).

*See Marketing Guide.

(over)

SERVING: 2 Tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 2 oz
100 servings: 6 lb 4 oz

VOLUME: 50 servings: 1 qt 2 ⅔ cups
100 servings: 3 qt 1 cup

Special Tips:

1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Nutrients Per Serving

Calories	19	Saturated Fat	.2 g	Iron	.1 mg
Protein	1 g	Cholesterol	2 mg	Calcium	20 mg
Carbohydrate	2 g	Vitamin A	3 RE/18 IU	Sodium	41 mg
Total Fat	1.0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Cucumbers	1 lb 15 oz	3 lb 14 oz	.....
Onions	3 oz	6 oz	.....

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Thick Vegetable Soup

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium vegetable stock		3 gal		6 gal		1. Pour vegetable stock into steam-jacketed kettle and bring to boil.
Dry pinto beans (see preparation note)	8 oz	1¼ cups	1 lb	2½ cups		2. Add soaked pinto beans, cover, and simmer for 30 minutes.
Dry lentils	8 oz	1¼ cups	1 lb	2½ cups		
Pearled barley	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups		3. Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20 to 25 minutes.
*Onions, finely diced	1 lb	3½ cups	2 lb	1 qt 3 cups		
OR						
Dried onions	2 oz	¾ cup	4 oz	1½ cups		
*Fresh carrots, ½" dice	2 lb	1 qt 2 cups	4 lb	3 qt		
*Fresh celery, ½" dice	8 oz	3½ cups	1 lb	1 qt 3 cups		
*Fresh white potatoes, peeled, cubed	1 lb	3 cups	2 lb	1 qt 2 cups		
Tomato paste	8 oz	1 cup	1 lb	2 cups		
White pepper		1 tsp		2 tsp		
Frozen corn	1 lb	3 cups	2 lb	1 qt 2 cups		4. Add corn, green beans, and cabbage (optional) and simmer, covered, for 15 minutes.
Frozen cut green beans	1 lb	1 qt	2 lb	2 qt		
*Fresh cabbage, shredded (optional)	1 lb	1 qt ½ cup	2 lb	2 qt 1 cup		

*See Marketing Guide.

(over)

SERVING: 1 cup (8 ounce ladle) provides ½ serving of cooked dry beans, ½ cup of vegetable, and ½ serving of grains/breads

YIELD: 50 servings: 28 lb 13 oz
100 servings: 57 lb 10 oz

VOLUME: 50 servings: 3 gal 1 qt
100 servings: 6 gal 2 qt

Special Tip: Garnish with Parmesan cheese.

Preparation Note

Soaking Beans

Overnight method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Nutrients Per Serving

Calories	142	Saturated Fat	.4 g	Iron	1.8 mg
Protein	9 g	Cholesterol	0 mg	Calcium	35 mg
Carbohydrate	23 g	Vitamin A	477 RE/4767 IU	Sodium	86 mg
Total Fat	1.8 g	Vitamin C	7 mg	Dietary Fiber	6 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	1 lb 2 oz	2 lb 4 oz	
Carrots	2 lb 14 oz	5 lb 12 oz	
Celery	10 oz	1 lb 4 oz	
Potatoes	1 lb 4 oz	2 lb 8 oz	
Cabbage	1 lb 3 oz	2 lb 5 oz	

Cream of Chicken Soup

Meat

Soups H-6

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter All-purpose flour	12 oz 12 oz	1½ cups 2½ cups	1 lb 8 oz 1 lb 8 oz	3 cups 1 qt 1 cup		1. Melt margarine or butter in steam-jacketed kettle. Whisk in flour and cook this mixture for 3 to 4 minutes. Do not brown.
Chicken stock, non-MSG		2 qt 2 cups		1 gal 1 qt		2. Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened, not above 180°F.
Lowfat milk or reconstituted nonfat dry milk		2 gal 1 qt		4 gal 2 qt		3. While soup is cooking, heat the lowfat milk.
Frozen cooked chicken, diced, thawed White pepper Salt (optional)	3 lb 2 oz	2 qt 2 cups 2 tsp 1 tsp	6 lb 4 oz	1 gal 1 qt 1 Tbsp 1 tsp 2 tsp		4. Slowly add hot lowfat milk, chicken, and seasonings. Simmer for 15 to 20 minutes, not above 180°F, to prevent curdling.

(over)

SERVING: 1 cup (8 ounce ladle) provides 1 ounce of cooked poultry

YIELD: 50 servings: 26 lbs
100 servings: 52 lbs

VOLUME: 50 servings: 3 gal 1 cup
100 servings: 6 gal 2 cups

Special Tip: For a thicker soup, in Step 4 add a cornstarch-water mixture (½ cup of water and ¼ cup of cornstarch for each 50 servings).

Nutrients Per Serving

Calories	202	Saturated Fat	2.9 g	Iron	.8 mg
Protein	15 g	Cholesterol	31 mg	Calcium	226 mg
Carbohydrate	14 g	Vitamin A	178 RE/607 IU	Sodium	470 mg
Total Fat	9.5 g	Vitamin C	1 mg	Dietary Fiber	0 g

Minestrone

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 cup		2 cups		1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Onions, diced	9 oz	1¾ cups	1 lb 2 oz	3½ cups		
OR						
Dried onions	1 oz	¼ cup 1 Tbsp	2 oz	½ cup 2 Tbsp		
*Fresh carrots, diced	1 lb 6 oz	1 qt ½ cup	2 lb 12 oz	2 qt 1 cup		
*Fresh cabbage, minced	6 oz	1⅔ cups	12 oz	3⅓ cups		
*Fresh celery, chopped	8 oz	1¾ cups	1 lb	3½ cups		
*Zucchini, chopped (optional)	8 oz	1¾ cups	1 lb	3½ cups		
Beef stock, non-MSG		3 gal		6 gal		2. Add beef stock, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	8 oz	1 cup	1 lb	2 cups		
Canned tomatoes, chopped	8 oz	1 cup	1 lb	2 cups		
Black pepper		1 tsp		2 tsp		
Dried oregano		¼ tsp		½ tsp		
Dried parsley		½ tsp		1 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Marjoram (optional)		⅛ tsp		¼ tsp		
Canned white beans	4 lb	2 qt 2½ cups	8 lb	1 gal 1 qt 1 cup		3. Add beans and macaroni. Continue simmering for 20 minutes.
Elbow macaroni	11 oz	2 cups	1 lb 6 oz	1 qt		

*See Marketing Guide.

(over)

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SERVING: 1 cup (8 ounce ladle) provides ½ cup of cooked beans, ½ cup of vegetable, and ½ serving of grains/breads

YIELD: 50 servings: 23 lb 10 oz
100 servings: 47 lb 4 oz

VOLUME: 50 servings: 3 gal 2 qt
100 servings: 7 gal

Special Tip: Garnish with Parmesan cheese.

Nutrients Per Serving

Calories	118	Saturated Fat	.1 g	Iron	2.5 mg
Protein	9 g	Cholesterol	0 mg	Calcium	64 mg
Carbohydrate	20 g	Vitamin A	331 RE/3309 IU	Sodium	93 mg
Total Fat	.5 g	Vitamin C	5 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	11 oz	1 lb 5 oz	.....
Carrots	2 lb	4 lb	.....
Cabbage	7 oz	14 oz	.....
Celery	10 oz	1 lb 4 oz	.....

Quick Baked Potatoes

Vegetable

Vegetables 1-17

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 80-count	15 lb 8 oz	25 (80-count)	31 lb	50 (80-count)		1. Wash potatoes and cut in half lengthwise, skin on.
Garlic salt		½ tsp		1 tsp		2. Mix spices and place in spice shaker.
Celery salt		½ tsp		1 tsp		
White pepper		½ tsp		1 tsp		
Black pepper		½ tsp		1 tsp		
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Salt		1 tsp		2 tsp		
Vegetable oil		½ cup		1 cup		3. Spread 2 Tbsp (1 oz) of oil in each 12" x 20" x 2½" steam table pan. 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. **To Bake:** Conventional Oven 450°F, 25-30 minutes Convection Oven 425°F, 20-25 minutes Bake until the surface is golden-brown.

(over)

SERVING: ½ potato, with skin
provides ½ cup of vegetable

YIELD: 50 servings: 50 half-potatoes
100 servings: 100 half-potatoes

Nutrients Per Serving

Calories	143	Saturated Fat	.4 g	Iron	1.6 mg
Protein	3 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	29 g	Vitamin A	11 RE/112 IU	Sodium	88 mg
Total Fat	2.3 g	Vitamin C	15 mg	Dietary Fiber	3 g

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups		1. Heat margarine or butter in a stock pot until browned.
Lemon juice		¼ cup		½ cup		2. Turn off heat and add lemon juice.
*Onions, ¼" diced	5 oz	1 cup	10 oz	2 cups		3. Add fresh or rehydrated onions, basil, parsley, white pepper, onion, salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.
OR						
†Dried onions		¼ cup		½ cup		
Dried basil leaves		1 Tbsp		2 Tbsp		
Dried parsley		2 Tbsp		4 Tbsp		
White pepper		½ tsp		1 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Parmesan cheese, grated	4 oz	¾ cup	8 oz	1½ cups		
Dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt		
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz			4. Place broccoli and cauliflower in separate 12" x 20" x 2½" steam table pans. Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. Drain water from pans.
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz			5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each 12" x 20" x 2½" steam table pan.
						6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
						7. Each pan serves 25.

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*See Marketing Guide.

†Rehydrate onions in an equal amount of water. Do not drain.

(over)

SERVING: ½ cup (No. 8 scoop)
provides ½ cup of vegetable

YIELD: 50 servings: 12 lb 11 oz
100 servings: 25 lb 6 oz

Special Tip: For best results, use perforated pans to steam vegetables.

Nutrients Per Serving

Calories	97	Saturated Fat	1.3 g	Iron	1.1 mg
Protein	5 g	Cholesterol	2 mg	Calcium	82 mg
Carbohydrate	10 g	Vitamin A	125 RE/927 IU	Sodium	216 mg
Total Fat	5.0 g	Vitamin C	54 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	5½ oz	11 oz	.....

Corn and Green Bean Casserole

Vegetable

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat mayonnaise	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup		1. In a large bowl, mix the lowfat mayonnaise, lowfat cheddar cheese, celery, and onions (optional).
Lowfat cheddar cheese, shredded	6 oz	1½ cups	12 oz	3 cups		
*Fresh celery, chopped	1 lb	1 qt	2 lb	2 qt		2. Place 5 lb of corn and 5 lb of green beans in a steam table pan (12" x 20" x 2½"). Add 2 qt of mayonnaise mixture to vegetables and mix thoroughly.
*Onions, chopped (optional)	8 oz	1¼ cups	1 lb	2½ cups		
Frozen corn, thawed	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt		
Frozen French-cut green beans, thawed	5 lb	1 gal 1½ cups	10 lb	2 gal 3 cups		
Soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt		3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steam table pan.
Margarine or butter, melted	4 oz	½ cup	8 oz	1 cup		4. **To Bake:** Conventional Oven 350°F, 40 minutes Convection Oven 350°F, 30 minutes Bake until golden brown.
						5. Cut each steam table pan into 5 x 10 cuts for 50 servings.

*See Marketing Guide.

(over)

SERVING: ½ cup
provides ½ cup of vegetable

YIELD: 50 servings: 15 lb 3 oz
100 servings: 30 lb 6 oz

Special Tip: For best results, thaw vegetables overnight in a refrigerator.

Nutrients Per Serving

Calories	129	Saturated Fat	1.0 g	Iron	.9 mg
Protein	4 g	Cholesterol	4 mg	Calcium	49 mg
Carbohydrate	20 g	Vitamin A	52 RE/357 IU	Sodium	158 mg
Total Fat	5.0 g	Vitamin C	8 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Celery	1 lb 4 oz	2 lb 8 oz	.....
Onions	10 oz	1 lb 3 oz	.....

Granola

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats Peanut granules (optional)	1 lb 12 oz 8 oz	2 qt 1/2 cup 1 1/2 cups	3 lb 8 oz 1 lb	1 gal 1 cup 3 cups		1. Combine the rolled oats and peanut granules (optional) in a large bowl.
Brown sugar Apple juice Vegetable oil Honey Salt Ground cinnamon Vanilla	6 oz 11 oz 	1 cup 1 cup 1/4 cup 1 cup 1 tsp 1 Tbsp 1 Tbsp	12 oz 1 lb 6 oz 	2 cups 2 cups 1/2 cup 2 cups 2 tsp 2 Tbsp 2 Tbsp		2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well to dissolve sugar. Heat on medium for 4 minutes. Do not boil. 3. Add the brown sugar mixture to the oats and peanuts. Toss to evenly coat. 4. Spread 3 lb 7 oz of this mixture on each 18" x 26" x 1" sheet pan. **To Bake:** Conventional Oven 250°F, 1 hour 15 minutes Convection Oven 200°F, 1 hour 15 minutes Stir granola every 15 minutes. 5. Remove from oven. Cool.
Raisins	8 oz	1 1/2 cups	1 lb	3 cups		6. Mix in raisins.

(over)

SERVING: ½ cup
provides 1 serving of grains/breads

YIELD: 50 servings: 3 lb 6 oz
100 servings: 6 lb 12 oz

VOLUME: 50 servings: 1 qt 1½ cups
100 servings: 1 gal 1 qt 3 cups

Special Tips: 1) Granola will keep nicely if stored in a tightly covered container in a cool place.

2) Great served over puddings, yogurt, or ice cream.

Nutrients Per Serving

Calories	119	Saturated Fat	.3 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	23 g	Vitamin A	2 RE/15 IU	Sodium	49 mg
Total Fat	2.1 g	Vitamin C	0 mg	Dietary Fiber	2 g

Breakfast Burrito with Salsa

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen whole eggs, thawed	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt		1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
OR						
Fresh large eggs		50 each		100 each		
Frozen corn	10 oz	2 cups	1 lb 4 oz	1 qt		
Lowfat milk		¾ cup		1½ cups		2. Pour 1 gal 2 cups of the above egg mixture into each oiled 12" x 20" x 2½" steam table pan. Cover with foil or metal lid.
*Fresh green peppers, diced	12 oz	2½ cups	1 lb 8 oz	1 qt 1 cup		
OR						
†Dried green peppers		¼ cup		½ cup		**To Bake:**
*Onions, diced	14 oz	2¼ cups	1 lb 12 oz	1 qt ½ cup		Conventional Oven 350°F, 60 minutes
OR						Convection Oven 325°F, 50 minutes
†Dried minced onions	10 oz	¼ cup	1 lb 4 oz	½ cup		Compartment Steamer 30 minutes
*Fresh tomatoes, diced	2 oz	1 cup	4 oz	2 cups		Bake until thoroughly cooked.
Prepared mustard		¼ cup		½ cup		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Hot pepper sauce		1 Tbsp		2 Tbsp		
Salt		2 tsp		1 Tbsp 1 tsp		

*See Marketing Guide.

†Rehydrate using an equal amount of water. Do not drain.

(over)

SERVING: 1 burrito
provides 2 ounces of meat,
¼ cup of vegetable,
and 1 serving of grains/breads

YIELD: 50 servings: 9 lb 12 oz (filling)
100 servings: 19 lb 8 oz (filling)

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas, 7-inch		50 each		100 each		3. Arrange 25 tortillas in each 12" x 20" x 2½" steam table pan, so that they overlap. **To Heat:** Compartment Steamer 2 to 3 minutes, covered with plastic wrap Conventional Oven 300°F, 3 minutes covered with a clean damp cloth Convection Oven 300°F, 3 minutes covered with a clean damp cloth 4. Fill each tortilla with a No. 10 scoop of cooked egg mixture. See illustration for filling and rolling tortillas. 5. Serve each burrito with 2 Tbsp (1 oz) of salsa as a garnish.
Canned salsa	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt		

Special Tip: For best results, cook egg filling in a steamer.

Nutrients Per Serving

Calories	242	Saturated Fat	2.3 g	Iron	2.5 mg
Protein	12 g	Cholesterol	241 mg	Calcium	92 mg
Carbohydrate	28 g	Vitamin A	140 RE/657 IU	Sodium	442 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	15 oz	1 lb 14 oz	
Onions	1 lb	2 lb	
Tomatoes	11 oz	1 lb 6 oz	

Step 1

Place one No. 30 scoop of filling in an oblong shape in the middle of a tortilla. Fold edge A to B (on dotted line). (Figure 1)

Figure 1

Step 2

Fold edge C to line D (on dotted line), approximately 2 inches from bottom edge. (Figure 2)

Figure 2

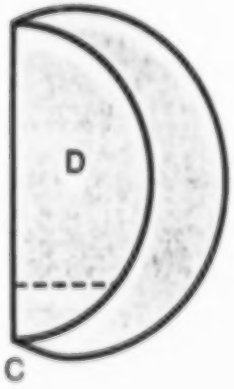
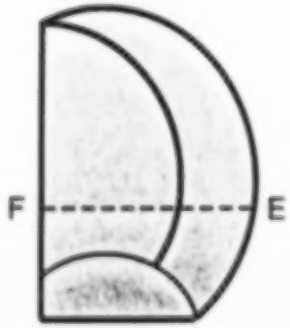


Figure 3



Step 3

Fold edge E to opposite edge, F. (Figure 3)

Figure 4

Step 4

A finished burrito should look like Figure 4.

Baked French Toast Strips

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
"Texas Toast" white bread, ½" thick (1½ oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices		1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each lightly greased 12" x 20" x 2½" steam table pan.
Frozen whole eggs, thawed	2 lb 14 oz	1 qt 1¾ cups	5 lb 12 oz	2 qt 3½ cups		2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix for 5 minutes, using a paddle attachment, until ingredients are well blended.
OR						
Fresh large eggs		25 each		50 each		
Lowfat milk		1 qt 2 cups		3 qt		
Sugar	10 oz	1¼ cups	1 lb 4 oz	2½ cups		3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
Salt		1½ tsp		1 Tbsp		
Vanilla		1 Tbsp 1 tsp		2 Tbsp 2 tsp		4. Cover pans with plastic wrap and chill for 4 to 24 hours.
Ground cinnamon		2 tsp		1 Tbsp 1 tsp		5. Sprinkle cinnamon on top. 6. **To Bake:** Conventional Oven 425°F, 35 minutes Convection Oven 375°F, 20 minutes 7. Serve with Spiced Apple Topping (G-9), lowfat yogurt, fresh fruit, or maple syrup.

(over)

SERVING: 2 strips
provides 1 large egg and
1 serving of grains/breads

YIELD: 50 servings: 9 lb
100 servings: 18 lb

Nutrients Per Serving

Calories	157	Saturated Fat	1.2 g	Iron	1.2 mg
Protein	7 g	Cholesterol	112 mg	Calcium	73 mg
Carbohydrate	23 g	Vitamin A	67 RE/226 IU	Sodium	301 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

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